

K. *F. S. C.*
THE
RESTORER OF HEALTH

AND
PHYSICIAN OF NATURE;

EXHIBITING

THE CAUSES, PREVENTION, AND BEST METHODS OF
CURING DISEASES,

As at present adopted by the most celebrated PHYSICIANS
ADAPTED FOR ALL CAPACITIES AND DESCRIPTIONS OF MEN,

WITHOUT

Technical Terms or Latin Prescriptions.

BY ONE OF THE FACULTY.

Homo, naturæ minister et interpres, tantum facit et intelligit,
quantum de naturæ ordine, re vel mente, observavit.

VERULAM.

Take Nature's path, and mad opinions leave.

POPE.

L O N D O N.

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P R E F A C E,

HEALTH being one of the greatest blessings of life, has attracted the attention of every rational being. Attempts either to preserve it, or to restore it when lost, are not only practised by the civilized part of mankind, but also by the rude barbarians, who are taught by experience alone. The most celebrated medicines now used by Physicians of our age, being discovered by them, evidently show that the whole of the healing art consists in an attentive observation of the dictates of nature.

Sorry should I be to deviate from those who have already favoured the world with publications of this nature had not a sacred regard to truth forced me to it. I have no particular theory to serve, no favourite doctrine to support. I advance facts alone, and endeavour to account for them in the plainest and most easy manner. These I have collected from actual observations of patients in different places, and the remarks I have made, are also confirmed from the authority of men of undoubted veracity and eminence in their profession.

The

The acquisition of knowledge and principle of curiosity are natural to man; they often lead him to consult books of science for information. From the terms of art, with which these often abound, he is rather confused than instructed. To obviate this disadvantage I have endeavoured to avoid such terms and to explain the modes of cure and causes of diseases, in such language as may be understood by all ranks of men.

My recommending so few remedies and brevity in treating of some complaints may, perhaps, be deemed a fault by some; as to the former, I have only to observe, that from a few of the best, joined with a proper regimen, all the good effects of the rest may be obtained; and as to the latter, it does not appear to me that I have omitted any thing useful. These sheets being found of service to mankind, will afford secret pleasure, while, at the same time they will justify the intention of the Author.

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INTRODUCTION.

INTRODUCTION.

Of Medical Knowledge.

MANKIND labouring so long under the prejudices of ignorance and superstition, it was no wonder they should become an easy prey to the sophistry of every pretender in medicine. This unfortunately brought the profession into such undeserved reproach, that physic, for some time, lay under the disgraceful imputation of favouring the increase of diseases, merely from selfish motives: happily, as the knowledge of the art extends, the prejudices are fewer, and it is hoped will be one day removed altogether.

The knowledge of Physic was first founded more upon the observation of the effect of remedies than upon the causes of diseases; so that mankind regarded more the art of curing than the art of preventing them. Afterwards, by comparing the event with the causes, the knowledge of the art began to extend; the past and present condition of diseases to be observed, and the

patient's

patient's age, sex, habit, and strength, were attended to. But at last precarious reasonings became to be advanced, which though sometimes very absurd, contributed to the promotion of knowledge.

Besides the many superstitious tenets attended to by the vulgar, and the disrepute the art long laboured under from the selfish ignorance of empirics, it was blended with mystical divinity, astrology, and all the subtleties of school philosophy, to raise the admiration of the weak and ignorant, and to support the dignity of its professors.

It is a melancholy truth, that medicine, even at this period of improvement, does not share an equal proportion with the rest of the arts. Dissections of dead bodies have indeed increased the knowledge of the art, by furnishing facts, but these are frequently applied to serve some favourite opinion, which is, for the most part, devoid of truth, and consequently must die with its author.

The most enlightened, therefore, of the profession in this present age, must have derived their *useful* knowledge more from an attentive observation of facts, than from all the false reasonings of academical opinions. Every man of common sense has almost the same opportunity; and the only difference of advantage between him and the regular bred physician, consists in the one being supposed to be better acquainted with the laws

laws of the animal œconomy than the other. These laws are simple and natural, and the knowledge of them is within the reach of every man of common abilities who has the least inclination to know them.

As the knowledge of diseases seems, therefore, to depend so much upon an attentive observation of their causes, progress, and event, it is natural for mankind to expect more from those who have had an opportunity of acquiring knowledge by such observation than from young theorists. It must, however, be here observed, that it is not a man's age, or his rigid adherence to the dictates of scholastic theory, that entitles him to this superiority; but his unwearied attention and accuracy of observation.

A very great barrier to the advancement of medical knowledge, among mankind in general, is their ignorance of the structure of the human body, and of the use of its organs. Did they pay more attention to these circumstances, every man might one day become his own physician. The difficulty of acquiring it arises entirely from the jargon of terms of art, which frighten men of considerable ability and perseverance.

Of all the works of the Creator, none are more deserving of admiration than the human
B 2 frame.

frame. The uses and actions of every organ are so amazingly well adapted for the several purposes of life, and a knowledge of them is so necessary in the cure of diseases, that a short account will be found highly serviceable.

The BRAIN is the organ on which life seems immediately to depend. It has been the opinion of many celebrated anatomists, that the soul was situated here, and that every other organ of the body was subservient to it.

The NERVES are chords of the matter of the brain, arising from it, and distributed through every part of the body. It is upon these the sensibility of the different organs depend. Some of the principal nerves supply the nose, eyes, ears, and tongue; from which arise the senses of smelling, seeing, hearing, and tasting. The structure of each of these organs is admirably fitted for communicating the different impressions upon their nerves, which convey the several sensations to the brain. A considerable number of these arise from the spinal marrow, which is a continuation of the brain, and supplies different parts of the body. All the nerves, therefore, arising from the brain, sympathize through its medium with every other part. Hence the sympathy of nerves.

The HEART is the next organ essential to life. By its contraction the blood is pushed to the most distant

distant part of the body, which is nourished from the extremities of the arteries or vessels that carry the blood from the heart.

The **VEINS**, which are a continuation of the arteries, return the blood back into the heart, that it may pass through the lungs, and receive something useful from the air before it is thrown again through the body as formerly. In this manner the blood is circulated during life.

The **LUNGS** purifying the blood as it passes through them is the occasion of respiration; hence the utility of breathing a pure fresh air.

The **BLOOD** in passing through the body suffers a great waste by perspiration, and the moisture thrown out by the breath. To supply this defect Nature has provided a constant supply by the taking in of aliment, which affords more or less blood every time it is taken into our bodies. This is the reason why man cannot live any length of time without food, and that one diet is more nourishing than another in proportion as it affords more or less blood.

The **STOMACH** and **INTESTINES** form one canal into which the food is thrown. In the stomach it undergoes a certain change, and then is pushed forwards into the intestines; as soon as this takes place the gall or bile is thrown from the liver and gall bladder into the intestine likewise,

which has a valve to prevent the food or bile returning back into the stomach.

The LIVER thus preparing bile is of great consequence to the system. The bile mixing with the food in the intestine serves some important purpose in digesting our food and in preparing *chyle*.

The ALIMENTARY CANAL, throughout its whole length, is perforated with a number of smaller canals or tubes, which absorb the nourishing part of the food, or the chyle, from the digesting matter, as it passes along in the intestine: all these small tubes meet at last and form one trunk, which conveys the chyle into the blood as it returns into the heart. In this manner the body is constantly supplied. Hence the use of the stomach, intestines, liver, and gall bladder.

The KIDNEYS have a great proportion of blood thus prepared sent them to be deprived of a part of its water. They have the power of straining the watery part from the red blood, and so form the urine, which is conveyed in drops as separated by canals into the bladder. To prevent the urine from dropping perpetually on the thighs, and fretting the skin, Nature has placed the bladder as a common repository, which can be evacuated at pleasure.

The whole of the surface of the body is perforated with innumerable fine canals or pores which

which exhale from the body a vapour in the state of health. These when obstructed occasion a variety of diseases.

Besides these there are other fine tubes or canals which absorb all kinds of matter both noxious and healthful, and communicate it to the blood, by means of which the small pox and venereal disease are communicated to the system.

S E C T. I.

On the Prevention of Diseases.

THE prevention of diseases must, in every case, depend upon the knowledge of their causes. Some are said to be hereditary, and cannot be so easily avoided, as they are transmitted from one generation to another. This prevention perhaps is not easy to those who think it a hardship to break upon established habits, and who regard destructive pleasures more than health. The human constitution is, however, liable to many changes, not only from passions of the mind acted upon by the impressions of surrounding objects, but also by climate and diet, that, if we may be allowed the term, it may be said of man, he is endowed with twenty different constitutions during the period of his existence, and that nothing remains of that which he derived from his ancestors. How many excellent constitutions, by attention to diet, exercise, and to a proper regulation of the passions of the mind, do we see spring from unhealthy parents; and what numberless instances can be produced of bad and unhealthy children from parents of the strongest constitution, merely by the neglect of this circumstance.

The

Of the Prevention of Diseases.

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The doctrine of hereditary diseases has been argued from the similarity of features, and the conformation of the bodies of the progeny of a family. There can be doubt that there is an intimate connection between the mind and body; but it must, however, be remembered, that a great deal of hereditary taint proceeds from the similarity of manner, habit, and perhaps diet, together with the force of example and imitation; more than from a similarity of features. The only preventative, therefore, that can be recommended for a family disease, is a change of diet, company, and perhaps climate, until the constitution is altered and fortified against it.

The force of habit on the human body is so remarkable, as to deserve particular attention. In nervous diseases it is always observed, that the oftener a disease recurs, the deeper it is riveted in the constitution, and consequently the cure must become more difficult. Frequently pretended fits of epilepsy and hysteria have terminated in the real disease, and very often slight attacks of such complaints have been at first overlooked, until by the force of habit they were observed to make such progress as to render the cure very difficult, if not impossible. Any diseased habit, however simple at first, should therefore be anxiously guarded against.

Besides

Besides these constitutional diseases, a considerable number arise from accidental causes, which cannot be foreseen, and against which no particular rules can be laid down to avoid them.

But by far the greatest number arise either from

A want of Cleanliness,

A fault of the Aliments, or

From a Bad Climate; or they are the effects

Of Intemperance,

Improper Exercise, or

The Passions.

To shew the importance of a proper attention to these in the prevention of disease, it may be necessary to treat of each separately.

Of Cleanliness.

By cleanliness is understood the frequent removal of putrid animal or vegetable substances from our bodies. Many diseases arise from inattention to this circumstance alone. The jail, or putrid fever, is, for the most part, occasioned by want of cleanliness. Human effluvia, when confined for a long time in one place, acquires a singular virulence, which taints the air, and renders it improper for the purposes of life. Putrid matter in this manner acquires such acrimony

mony as to corrode the skin when it is applied to it. From this circumstance, many cutaneous and infectious diseases arise, the fine pores of the skin are obstructed, and the foundation of distemper is laid. To every one, therefore, who would wish to avoid such, it cannot be sufficiently recommended. It is admired by all, and is only neglected by the indolent, who are the greatest sufferers from diseases of dirtiness.

Of Aliment.

WITHOUT aliment, the body must in a short time perish. Upon the modification of it, health and life very much depend. The nature of aliments in general, and the unwholesomeness of each, therefore, highly merits attention.

Those whom Providence has blessed with the comforts of life, from irregularity and inattention in the use of them, are often rendered equally miserable with those whom Poverty deprives of the means of furnishing themselves with proper articles of nourishment. What pleasure can twenty dishes at a meal afford a rich man of no appetite, who has, by repeated surfeits of unwholesome food, solicited by a vitiated taste, destroyed a constitution, and rendered himself a burden upon the earth?

It

It has long been a dispute among physicians, whether man was destined by Nature to live upon vegetables alone. From the analogy of other animals, and the structure of the human stomach, it is evident, that both an animal and vegetable diet is necessary for the proper health of the system in this climate. It is true, many nations live upon vegetables and fruit alone; but all of these feed more or less upon milk at the same time, which is a vegetable substance animalized.

It is not only necessary to pay attention to the different kinds of proper food taken into the stomach, but also the quality. The nourishment of food is supposed to be contained in the starchy matter, or gluten, of animals and vegetables. But the opinion of the celebrated Cullen was, that the nourishing part of all food consisted in three principles, viz. its acid, sugar, and oil. This is the reason why animal food, and the different fruits that contain sugar in their composition, are so wholesome and nourishing.

The sugar now commonly used in this country joined with the juice of the tea herb, affords sufficient nourishment as an article of diet, and prevents the bad effects of that noxious plant, so powerful upon the human system, when taken by itself in any quantity.

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The first natural aliment intended for man, and most of the animal creation, is milk, which consists of a certain proportion of oil, sugar, and acid, upon the modification of which the difference of milk in general depends. Perhaps no diet in the state of health is so proper for the human species as milk and its several preparations. Butter is highly nourishing and wholesome when it is fresh and not rancid.

Animal food is wholesome and healthy, in proportion to its goodness, state of solubility in the stomach, and health of the animal. It must, however, be observed, that the flesh of young animals is more difficult to digest than that of the old; hence the impropriety of using it in diseases of indigestion. Animal food when kept for a short time is rendered more tender, and more easily digested; but when it has been kept till putrid, it becomes extremely unwholesome from its vitiating the fluids and occasioning putrid diseases.

The extravagance of luxury and the artifices of cookery are also often used to too great an excess, and render the most proper aliment unwholesome. It is the opinion of some that meat is equally wholesome without the application of heat as with it. Frying, roasting, and such modes of dressing, render the meat more insoluble in weak stomachs, particularly when it is used to too great a degree.

Persons

Persons not only suffer from inattention to food, but also from the use of improper drinks. Water alone is the drink appropriated by Nature, not only for the use of man, but also for all the animal creation. No drink, therefore, is so wholesome to a healthy constitution. The use of good fermented malt liquors and wine, in moderate quantities, exhilarates the body, and must, in many cases, be of considerable benefit, particularly when it is in a languid state.

The proper quality of the aliment being attended to, it is of no less consequence to observe regularity as to the times of using it. No rule can be laid down to effect this so certain as the cravings of Nature, or the sense of hunger. Long fasting not only destroys the tone of the nervous system, and renders it highly susceptible of disease, but also subjects the aged to many complaints, and lays the foundation of a weakly constitution in young people, by depriving them of that nourishment so necessary to their growth at that time of life.

After a long fast the greatest caution is necessary to avoid a surfeit. A small quantity of food in such cases ought only to be used at first, as to sudden a change when the body is in a weak state, may throw it into a dangerous fever. For the same reasons, changes from too rich to too poor, or from a poor to a rich diet, ought to be gradual.

Of Climate.

EVERY climate has a few diseases peculiar to itself, but many are common to all. The unwholesomeness of climates does not arise so much from their temperature, as from some fault of the air or water. It has been found that the stagnation of water in marshy countries is the principal cause of their being so unhealthy. In low countries this is principally to be observed; from this circumstance the East-India tanks prove more prejudicial to the health of the European than the temperature of the climate.

On the high grounds in America the Colonists enjoy better health than those who live low in the midst of woods. The noxious vapours that arise from the marshes in the woods, called by chemists *fixed air*, is heavier than the common atmosphere, and therefore always lies low. It is so defended by the surrounding woods that the common air cannot act upon it, or dispel it.

Labouring people who work in the low fenny counties of England in warm calm weather, are more liable to the ague than at any other time, entirely from the noxious effects of the marsh effluvia being allowed to remain. It is remarkable too that on the eastern coast of Scotland,
after

after a tract of warm calm weather, if the first breeze comes from the east, the agues are more common there than at any other time, from the effluvia of the marshy country of Holland.

From this it appears that any damp country lying low, and defended against winds, must be unwholesome, and that the agitation of air upon stagnating water, contributes very much to its purity. When this takes place, it is a sure sign of a wholesome climate.

The air of climates entirely derives its noxious property from the effluvia with which it is loaded. In warm countries marsh effluvia alone is sufficient to produce disease, but it is not so virulent as human effluvia, which in warm climates, after a battle, is sufficient to raise a pestilential disease.

The unwholesomeness of large cities entirely arises from this circumstance: the air is rendered so impure by the effluvia of animal and vegetable substances, with the smoke of fuel, that the pure air is corrupted. It is owing to this circumstance that people in calm weather are more sickly in towns from the vapour being allowed to remain over them. This foul air is the food of plants, and to this is owing the luxuriance of vegetation near large cities.

The temperature of climate has also some effect in producing disease. In the hot climates diseases
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are more violent, and fevers run their course much more rapidly. In the cold climates the effluvia is not so considerable, nor the diseases so violent; the evaporation being less, the air is not so much tainted.

The degrees of unwholesomeness of climate must therefore depend upon the purity of the atmosphere we breathe; and different noxious climates may exist within the same city. Hence the important attention to climate in preventing diseases. When a man has reason to suspect the purity of the air he breathes, he may remove to a more healthy situation; and by this means prevent a violent disease, if not the ruin of his constitution.

But there are a number of men who, from their particular stations in life, are more exposed to foul air than others, such as soap-boilers, chandlers, &c. The force of habit renders it not so dangerous to those as to the rest of mankind, but attention to cleanliness is more necessary to them than to any other set of men.

Miners likewise meet with this air, which is occasioned by a stagnation of the common air: they call it the choke damp. Another inflammable air sometimes issues from the sulphureous matter of the mine, which in some cases takes fire, and scorches

scorches them to death. Such can only be prevented by a free communication with the common atmospheric air.

Of Improper Exercise.

HEALTH is a blessing that every one wishes to enjoy, but is only to be acquired by Labour, the offspring of Want, and mother of Contentment. From inactivity of body or mind not only the uneasiness of mankind chiefly arises, but also all that restless train of idle thoughts, which cannot fail to make us burthensome to ourselves, and dissatisfied with all about us.

What a misfortune is it, that the poor are too apt to overlook their own enjoyments, and to view with envy the ease and affluence of their superiors, not considering, that the usual attendants upon great fortunes are anxiety and disease.

The happiness of life is generally to be found in those stations, which neither totally subject men to labour, nor absolutely exempt them from it. Power is the parent of Disquietude, Ambition of Disappointment, and Riches of Disease.

Improper exercise may arise either from ease, luxury, or a natural sluggish disposition, occasioned by habitual idleness. Exercise may be
 termed

termed improper, when the exertions of the body are greater than it can bear, or less than Nature requires. The poor, whom the exigencies of the common necessities of life prompt to industry, are not free from laziness; but it is seldom in such a degree as to occasion disease. The diseases to which they arise subject, are most commonly from their being exposed to the vicissitudes and inclemency of the weather, toiling without a diet adequate to their bodily exertions, and lying down at night after the fatigue of the day in cold and damp habitations.

Luxury, the foundation of idleness, and the support of the physician, has always been an enemy to exercise. If this wholesome remedy was used as often as it should, weak nerves, rheumatism, indigestion, and many other complaints would be seldom heard of.

For the cure and prevention of diseases, perhaps no remedy is so generally recommended as exercise, from its evident effects upon the living solid. It is from this circumstance, and the secretions being free, that country girls are so healthy and florid, and seldom affected with nervous diseases; and the pale delicate complexion of the city lady is owing to a want of proper exercise.

Exercise not only promotes perspiration, helps digestion, and strengthens the tone of the system in general, but also cheers the mind, and renders it capable of exerting itself with more freedom and vigour, by preserving it in a healthy state.

Not those alone possessed of affluence and ease, suffer for want of exercise, but also those who closely apply themselves to any sedentary employment, such as accountants, several mechanics, and particularly the studious. The diseases of indigestion, brought on by hard study, are always aggravated by want of exercise. Strong exertions of the mind too long applied are alone not only sufficient to destroy health; but a want of perspiration, and great degree of costiveness are occasioned by a long continuance in one posture of the body.

To give here an account of the usefulness of exercise for the cure of every complaint separately, would too far extend the limits assigned for this essay. The most proper modes adopted for every disease will be therefore taken notice of, when treating of each.

Of Intemperance.

To enjoy ourselves *properly*, is consistent both with wisdom and our duty. It is the great

lesson of human life; but a lesson which few have learned, and none less than those who profess themselves masters of it. Happiness, either sooner or later, is the study of all; and to effect it all our exertions in life are directed.

It would too far extend beyond our limits, to attempt to define *true* happiness. Every man has some favourite passion, in the gratification of which he thinks his happiness depends. His exertions, however, to arrive at this, when used to excess, may in many cases be termed intemperance. I shall, however, at present, confine myself to intemperance in the use of the common necessities of life.

The glutton sacrifices almost every pleasure to that of his belly, which he distends with such loads of food as to alter its natural conformation. Formerly we have taken notice of the intimate connection between the body and mind, and the sympathy of its organs with one another. It cannot, therefore, appear in the least wonderful, that, as diseases of body and mind arise from this cause, the gout is so common among corpulent people. From the extraordinary quantity of nourishment thrown into the body, the blood is increased and the arteries distended,

so as to produce stupor, apoplexy, and all the other diseases of plethora.

It is not the abuse of the common articles of diet that is most to be regretted, but the fatal effects of improper drinks, by which not only birth is degraded, health lost, fortunes dissipated, and diseases acquired, but whole families brought to ruin and misery, and orphans to starving.

The celebrated Galen has strongly inculcated the necessity of virtue for the preservation of health. Strong passions and appetites running into extremes, either cut off the young in the prime of life, or hoard up diseases and remorse for old age. The habits of temperance and moderation, when not indulged, lay the foundation of every other vice, unhinge the mind, and leave it open to the first sally of temptation.

It is not the natural propensity of our nature that first exposes us altogether to these misfortunes; it is the fashionable vices and example of our companions, the mode of our education, and the affluence of our circumstances in life. It is from this cause the tour of Europe instead of being of service, becomes the greatest injury to our nation, particularly when it is attempted by men devoid of prudence. The words
of

of a celebrated writer* on British education applies to them, "What can be expected (sayshe) of such young adventurers, but an infatuation of all the follies, fopperies, vices, and luxuries of the several countries through which they have passed."

Vice, in its native colour, is unbecoming in all, but more so in the aged, who are looked up to for example and precept. Their attachment to excess in the criminal levities of life, at the time they are about to leave it, induces the young to give a greater scope to pleasure, and renders vice fashionable.

It becomes us, however, here only to observe the pernicious effects of vicious habits upon the human constitution. All know that excessive fits of intoxication often produce instant death, by entirely destroying the power of the nervous system. When the draught is not so great as to effect this, it frequently leaves the body in so weak a state, as to destroy the best of constitutions. We have already observed the force of habit upon nervous diseases, and that reiterated attacks of the same complaint make them more difficult to remove. It is not therefore surprising that the effects of diseases of intoxication are so lasting!

* Sheridan.

Strong liquors, particularly the spirituous, increase the action of the heart and arteries, by which means the blood is driven with such velocity through the lungs as to weaken its vessels; upon this a congestion of the blood takes place in them, which disposes them to inflame, so that consumption and all the other fatal diseases of the breast are produced. The motion of the blood in the brain being also increased, its tender organization is destroyed or altered, so as to impair all the senses, and occasion either total stupidity, or sometimes madness.

Of the Passions.

PASSIONS are emotions of the mind, arising from either a sense of pain or pleasure, hatred or love. Both of these exercise a very extensive dominion over us, to describe which would require of itself a large volume. We shall, therefore, only observe the effect of a few of the emotions arising from them, which when they are excessive prove highly prejudicial to the animal œconomy.

Fear is one of the depressing passions, and generally arises from a sense of pain. In some cases it remarkably increases the action of the heart and arteries, while in others it diminishes it very much. It in this manner renders the human
man

man body so highly susceptible of disease by its debilitating power, that it cannot be too anxiously guarded against by the sick, as their minds are more easily acted upon than in the state of health. Women should also avoid such circumstances as may give rise to it, as obstructed menstruations, and an innumerable train of diseases are occasioned by it.

Hope is the spring of our actions, and one of the most necessary passions for contributing to human happiness. It exhilarates the human body, strengthens the tone of the nervous system, and fortifies it against every disease. It is also one of the most powerful remedies in the cure of diseases.

Grief, like the other depressing passions diminishes the action of the heart and arteries, and obstructs perspiration; it sometimes gradually degenerates into melancholy, by which means weakness of the bowels and costiveness are produced. A dejected state of mind sometimes terminates in despair, and renders all society disagreeable, and in some instances makes man tired of his existence.

To those who indulge this passion, agreeable amusements, social companions, and a succession of different impressions upon the senses, cannot be sufficiently recommended. The relation the
mind

mind bears to the body has been already attended to. No remedy or cordial therefore can have so much effect as a change from accustomed objects to new ones.

Joy, when excessive, has been known to occasion death. This passion increases the action of the heart and arteries, and rouses the nervous system. A moderate share of it therefore contributes much to health by increasing perspiration and promoting digestion.

Love is a passion implanted in the nature of all the animal creation. No passion is so natural, or so strong. It is from true love that virtue and all the tender feelings of the heart proceed.

A moderate degree of this passion increases the action of the heart and arteries, promotes perspiration, and contributes to health. But when violent it diminishes the action of the heart and nervous system, and has violent effects upon the human body, particularly when indulged to excess. Disappointment in love has in many cases not only thrown persons into a miserable state for life, but in some terminated in sudden death. Persons therefore ought to be cautious how they indulge themselves in this passion, when they are not morally certain of obtaining the object of their affection.

To

To what cruelty does family pride, fortune, and political motives subject the votaries of love! Surely the author of nature never intended such obstacles to a passion that contributes so much to the happiness of mankind.

Anger increases the action of the heart and arteries, and is a most powerful stimulus to the nervous system; an increased determination of blood towards the head always takes place, which sometimes terminates in a fit of apoplexy, and thus puts an end to life in a few minutes; at other times violent bleedings at the nose takes place. The diseases of *anger* are of an acute nature, but those of *revenge*, an offspring of this passion, are slow and chronical.

S E C T. II.

Of Cold and Cough.

THERE are no complaints to which men are more exposed than those arising from cold. Many persons date the beginning of most of their complaints from it, while others pay no attention to it until a considerable degree of fever takes place.

Cold affects all temperaments and constitutions, particularly when they are exposed to night air, wet feet, damp beds, or moist clothes. These, by obstructing perspiration, become not only highly prejudicial to health, but in some cases occasion fever.

The symptoms of a common cold, are a shivering, quick pulse, pain over the whole body, a sense of weight upon the breast, with a fulness of the nose, from which, though sometimes dry at first, a running of acrid thin fluid takes place, attended with a degree of head-ach, debility, and anxiety. Sometimes a hoarseness, difficulty of breathing, and cough comes on, which, towards the latter end of the complaint is attended with a copious discharge of mucus from the lungs.

There is a species of disease attended exactly
with

with the above symptoms, which is of a contagious nature, termed *influenza*. Its effects upon the human system is exactly the same with those arising from common colds. It attacks many at the same time *, and differs from other contagious diseases, by its making a second attack more violent than the first, upon the body being disposed to a little cold.

Cold acts upon the system by obstructing perspiration, and by determining a greater proportion of the blood in the extremities upon the lungs, than can pass through with ease. It is from this cause, and the acrimony of the matter that ought to pass off by perspiration, that the surface of the lungs is rendered so irritable as to occasion coughing, and afterwards the increase of mucus. A greater proportion of blood than common being in the lungs, increases the heat, degree of fever, head-ach, and disposition to inflame. The hoarseness is owing to a rawness of the throat, from the want of the proper mucus, or from the acrimony of the matter discharged by the lungs.

The effects of cold are dangerous to those who are of a consumptive habit, as they may occasion

* A few years ago it affected one fourth of the inhabitants of Europe.

spitting of blood, inflammation of the lungs, or dropfy of the breast. Those who are advanced in life run a great risk from the excessive evacuation of mucus that takes place in the latter stage of the complaint. In this way sudden suffocation sometimes takes place, from its obstructing the air vessels of the lungs.

To prevent these symptoms, the causes inducing cold are to be avoided, particularly dampness and moisture. Linen clothes, when allowed to lie for some time, attract it; they should therefore be always dried before they are applied to the human body. Sudden transitions from heat to cold should also be cautiously guarded against. The cold bath has excellent effects in preventing this disease, by fortifying the body against it. It is a preferable preservative to warm rooms, which relax the solids, and render the body more susceptible of cold.

Cure.

Many remedies have been recommended for curing the effects of cold, some of which often tend to increase the disease, while others have little or no effect. To remove obstructed perspiration and to palliate the feverish symptoms, our principal attention ought to be directed. When the
symp-

symptoms are moderate, Nature alone, if allowed, will of itself effect a cure. But when the case is otherwise, and the above symptoms are violent, particularly the fever and oppression of breathing, a small quantity of blood is to be drawn, the patient is to be confined to a quiet room, and enjoined a cooling diet of fruit, or some light nourishing food, such as panada, sago, or water-gruel, and to avoid an animal diet; perspiration is to be also encouraged by a free use of warm diluent liquors.

When head-ach and oppression of breathing is violent, bathing the feet in warm water has the best effects, in determining the blood from the head and lungs into the extremities. This remedy alone has often removed a cold.

To increase a gentle sweat, it is necessary to avoid cold, and sometimes to use a little medicine. Two grains of emetic tartar, joined with ten grains of ipecacuanha, taken in the form of a vomit, with a little warm water, is often attended with the desired effect.

The method of cure for the influenza, or contagious disease above-mentioned, is exactly the same with that recommended for common colds.

Upon a judicious application of these remedies, the feverish symptoms generally abate. When
however

however they continue obstinate, and do not yield to this treatment, and there is reason to apprehend an inflammation of the lungs, or pleurisy; or when the cough is so violent as to occasion very great irritation, bleeding a second time is advisable, together with some cooling laxative, such as half an ounce of crystals of tartar in a pint of whey. Blistering plaisters applied to the breast are also attended with advantage, by lessening the cough, and in some cases promoting expectoration, the most favourable termination of the disease.

The most violent and obstinate symptom of a cold is the cough, which often continues after all the feverish symptoms have abated. From the irritation it always gives to the lungs, it should be removed as much as possible. Several remedies have been recommended for answering this intention, under the name of *expectorants*, the operation of which is very doubtful. The principal of these are squills, and warm gums, the former are nauseous to the stomach, and from the stimulant qualities of the latter they must prove hurtful to the system.

For allaying the violence of the cough, medicines termed *demulcents* are generally used, which consist chiefly of oil or mucilage. A table spoon-
ful

ful of the mucilaginous mixture *, joined with twelve drops of laudanum, may be taken every two hours, when the cough is violent. At bedtime a draught of thirty drops of laudanum is always adviseable, it generally removes the irritation, and allows the patient some rest, which refreshes him. To take the steam of warm water into the lungs, by means of an instrument called an inhaler, is attended with the best effects.

The squills, in some cases, have been found of service. Half an ounce of their syrup, joined with an equal proportion of peppermint water, may be taken when the cough is violent. When this mixture does not sit easy upon the stomach, the squill pill * may be used, which has often been found to be of advantage in such cases. Linseed tea, joined with a little juice of lemon and honey, so as to make it agreeable, answers all that can be expected from demulcents. When the weather is mild, a short ride on horseback daily has the best effects, and is the most proper method of exercise for recruiting patients after a cold.

It is here, however, to be observed, that a moderate cough is necessary for carrying off the de-fluxion secreted by the lungs, to prevent its endangering suffocation, by obstructing the air ves-

* See *Formulæ* at the end.

sels. It is owing to this circumstance that many elderly people, who evacuate great quantities of mucus, are never well when they want a slight degree of cough.

Besides coughs arising from colds, there are some which are symptomatic of other diseases, such as the measles, &c. Some merely from habit, and others of a nervous nature, as the whooping-cough, which will be taken notice of when treating of those diseases.

We cannot here but observe the pernicious effects of spirituous liquors upon the human body, when taken with an intention to cure a cold, and of a common adage, viz. *to stuff a cold, and starve an ague*. This, so far from relieving these complaints, aggravates them more than any means whatever. Patients trusting to such remedies, are more indebted to the strength of their constitution, than to their good sense and judgement.

S E C T. III.

Of Fever.

N O disease is so destructive to mankind as fever. The cause of its frequency and fatal effects deserves therefore the utmost attention. From the vast difference of appearance of fevers in general, physicians have been led to divide them into many different kinds, and to ascribe to each a variety of causes. The celebrated Cullen divided fevers into the inflammatory and nervous, and has endeavoured to shew, that fevers in general are the same, but differently modified.

A fever is composed of a number of fits, termed by medical men *paroxysms*, joined together, and which in many fevers occur at stated periods, and thus constitute the different kinds of *intermittents*, or *agues*. When the interval betwixt each of these is so exceeding short, as to be scarce observable, it is commonly termed a *continued fever*. When the symptoms are at particular times more violent than at others, it is called a *remittent fever*.

Many celebrated physicians have supposed fever to be an exertion of the animal œconomy to

free itself of some poison or noxious matter, or to recover the tone of the nervous system. When death takes place it is said, nature is overcome by the disease. That there is a latent power in the system, to free itself of disease, no one will deny. But it is much to be doubted, whether this natural effort be always of a salutary tendency in fevers. When any violent symptoms, therefore, take place, it is the duty of the physician to remove them, if possible. We shall therefore enumerate those that merit his particular attention.

The first beginning of fever is generally attended with a degree of weariness, cold, shivering, weakness, small quick pulse, laborious breathing, sometimes attended with a cough, nausea, vomiting, colourless urine, drowsiness, head-ach, and pain over all the body. These symptoms constitute what is called the first stage of fever, or the *cold stage*. These are soon succeeded by heat, quick, full and hard pulse, florid countenance, smooth, hot, and dry skin, much thirst and dryness of the mouth, and the urine becomes more high-coloured: this has been termed the *hot stage* of fever. After these symptoms have continued for some time, a degree of debility follows, which is attended with an effusion of sweat. Upon this taking place, the pulse generally becomes softer,

Softer, the breathing easier, the urine deposits a sediment, and the patient is much relieved. This is the whole natural course of fever in general, when the exertions of the system are able to overcome it.

The cause of fever in general, we have already endeavoured to show to arise from the tainted state of the atmosphere, which may be rendered noxious to the human body so as to debilitate the power of the nervous system. It remains for us here only to observe, that the nature of the different effluvia may be more virulent, and the human body more susceptible of disease at one time than another.

We have taken notice of the effects of cold upon the human constitution, and that obstructed perspiration is of itself sufficient to produce disease. Although cold sometimes increases the action of the heart and arteries, yet when applied for any considerable time, it has a direct debilitating power, and pre-disposes to fever, particularly if the body is already in a weak state, as is the case after great fatigue from exercise, study, venery, or the like.

From this it may be observed, that although contagion or infection, arising from the bodies of diseased persons, may be of a peculiar nature, yet it may be altered by the constitution of

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the person to whom it is applied, and by the climate; and that the different degrees of the virulence of contagion depend in a great measure on the constitution, which may not only be rendered more liable to fever from the above causes, but also from the passions of the mind; the effects of which we have already taken notice of.

It would far extend beyond our present limits to enter into a discussion of the different opinions of the mode in which the contagion acts. We shall, therefore, confine ourselves to the best and most effectual method of cure.

Of the Cure of common continued Fever.

IN the cure of continued fever, our first intentions ought to be directed to lessen its violence, as much as possible, by a proper regimen. This is to be executed by avoiding whatever tends to increase the action of the heart and arteries, or proves an irritation to the body. External heat, with this view, ought to be guarded against as much as possible.

A very ridiculous custom still prevails in Germany and France, and with the lower class of people in this country, of keeping their sick friends as warm and close as possible, imagining

it the greatest service they can do them, when in fact it is the greatest injury. The beds of many people are so constructed as to be very prejudicial to sick persons, many of them being made in such a manner as to exclude the fresh air, an article of the greatest importance, not only to the sick by its refreshing power, but also to the attendants, by its carrying off the effluvia. Perhaps no remedy has so much effect in lessening the violence of fever as cool fresh air. Indeed among many of the most celebrated physicians of this country it is the first indication in the cure of fever.

Whatever becomes painful to the body ought to be avoided, particularly an improper posture in bed. The best is that on one side, with the legs a little bended towards the belly; too much light or noise gives the body pain, and should be also avoided.

The passions ought to be guarded against and soothed, for in proportion as the body grows weaker it becomes more irritable. Even unnatural cravings should be indulged a sick person. A little of whatever he wishes for should be granted, as a refusal often, from the irritation it occasions, is attended with worse effects than if it had been granted, however improper it may appear.

Sick persons can live a considerable time with-

out aliment; but as a total abstinence is too severe, and as it cannot be determined how far it may be carried with propriety, weak mucilaginous juices, such as barley-water, water-gruel, &c. may be used with safety in every case.

It is certain that even in health some aliment, such as animal food, gives a great degree of irritation to the system by quickening the pulse. This irritation is of a salutary nature. But in fever, the power of the stomach and digestion is so weak, that the several juices of it cannot act upon the food. It is then corrupted and sours on the stomach, and is thrown back by vomiting. In this manner it proves highly irritable, and tends much to increase the fever. A few instances has occurred of patients being suddenly relieved, and the disease taking a favourable turn after a copious meal. This by no means, however, ought to be depended upon, as it is attended with considerable danger.

At the beginning of fevers there is generally a loathing of animal food, which shows the impropriety of its use. But towards the latter part, and after the crisis or cool takes place, a little calves-foot jelly, with the addition of a little wine or juice of lemon, proves grateful to the stomach, invigorates the system very much, and may be used with propriety,

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The best food in the beginning of fever, and during its height, is barley water, which is not only laxative and cooling, but also affords a mild nourishment which gives very little irritation. The panado, (being only bread, water, and a little sugar) and the barley and currants of this country are a proper diet in fever.

Milk is a very nutritious matter, but when used by itself proves difficult of digestion, by its coagulating on the stomach. By mixing it, however, with water-gruel, this inconveniency is removed, and it may be in this way used in fever. Whey is still more preferable, as it is both laxative, diluent, and cooling.

Ripe fruit also, in many cases, is of great service in fevers as an article of diet, particularly strawberries and gooseberries, and may be used with great propriety, except when there is an extraordinary quantity of acid already in the stomach, or when a looseness takes place.

Our drink ought to be of the mildest liquors. Brisk small beer, as it is both a diluent antiseptic cordial, and laxative, is one of the best drinks in fevers. Water-gruel also, joined with a little juice of lemon or vinegar, is proper. These ought to be given to the patient often, to prevent the irritation from thirst: inattention to this circumstance has often occasioned difficulty

ty of swallowing, and a dryness of the tongue, so as to become stiff. A vomit frequently removes an extraordinary thirst, after every other method has failed.

In fever also there is a constant tendency to costiveness, which always increases it. A person in perfect health, who is accustomed to go to stool at a regular hour, if he happens to retain the feces an hour later than common, finds himself not only uneasy for the present hour, but also for the whole day. This circumstance shows the great propriety of removing costiveness in fevers.

It must be here observed, that laxatives given by the mouth are not so proper in fevers for removing costiveness, as they are not so safe or so sure in their operation; besides, they are very nauseating to the stomach, and oppressive to the sick: they may sometimes operate too much, and disturb the patient, by occasioning his going to stool too often. Injections generally are very sure, and seldom or never do harm, their operation being quick, and soon over. They may be made of warm water, to which some oil may be occasionally added if the patient has been long costive.

Besides the above regimen, which is proper to be observed in common continued fever, we cannot
but

but here take notice of three very celebrated remedies recommended for the cure of fever for many ages, viz. *blood-letting, purging, and vomiting.* No nation practises the first of these so much as the French, who bleed for almost every complaint; from them the practice has been transmitted into Britain, where it is often too rigidly pursued to this day. There is no remedy that requires greater prudence than blood-letting:—none has more pernicious effects upon the system when improperly applied, and none attended with better effects when used with propriety.

The practice of blood-letting ought to be regulated by the climate, where fevers differ very much. It is generally found to be improper in fevers arising from contagion, and where it is used later than the fourth or fifth day. It is found to be of greater service in young than in old persons, and in those who live on a plentiful animal diet, and good fermented liquors. People worn out with labour, and a poor scanty diet, seldom require blood-letting. It may be repeated in fevers, when a crust, termed by medical men a *buffy coat*, appears on its surface, and if the pulse grows hard and full; but not if the pulse grows quicker, and the patient is weakened. If a bleeding from the nose takes place, it indicates more blood ought to be drawn.

Purges

Purges diminish the quantity of the fluids very much, and weaken the patient, by carrying off part of the nourishment of the blood. They sometimes give a degree of irritation, but in many cases they are proper, by relieving great head-ach, and removing the heat. The best are those of a cooling nature, such as the crystals of tartar, half an ounce of which may be taken in a pint of barley or whey. Many of the acids are also used with the same intention, particularly the vegetable, such as the juice of lemon, or the vitriolic acid: the latter of these possesses a greater degree of astringency and tonic power, and has generally more cooling effects; but in whatever form it is diluted, it is not so pleasant as the former. Fifteen drops of the elixir of vitriol may be taken in a glass of water every four hours.

Many of the acids are joined with an alkaline salt, to render them purgative. The most agreeable and cooling is the saline julep*, a table spoonful of which may be taken every hour.

Nitre also, from its being a neutral salt, has been celebrated for many ages in the cure of fever, for its cooling property. It is, however, very harsh and disagreeable to weak stomachs, which agree better with the saline julep. The best form

* See *Formulae* at the end.

of taking it, by those who can bear it, is in the form of the nitrous julep *, a table spoonful of which may be taken every two hours.

Vomiting, by the celebrated Cullen, was not only used to remove corrupted matter from the stomach in fever, but also to determine a sweat upon the surface of the body ; by which means a crisis of the fever was produced, or its course much shortened. There is also a great probability that by the agitation a vomit gives to the system, the disease may be shaken off, and that emetics used in the beginning of fevers, even as late as the eighth day, have often cured them. It is in this way that Dr. James's Powders were sometimes attended with good effects. The best vomit, however, for this purpose, is twenty grains of ipecacuanha. Cullen generally recommended emetic tartar, which may be taken in doses of three grains, in a little warm water. This emetic tartar must never be taken when a degree of purging takes place.

We have observed, that most of the good effects of vomiting arise from the sweating it occasions. This circumstance has been often known to be attended with the best effects, by practitioners of experience, therefore it should be al-

* See *Formulae* at the end.

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ways encouraged when there is a natural tendency to it. Seldom, however, a salutary sweat is produced by stimulating remedies, particularly external heat.

Urging the sweat, by any violent means, should never be attempted, as a salutary sweat breaks out, even when the patient is kept cool. As soon as the sweat comes on, it should be kept for some time on the extremities, by the application of warm fomentations, or the warm bath: but as the latter can seldom be met with, and the inconvenience with which it is attended often renders it impracticable, fomenting the legs with a flannel cloth wrung from warm water, answers all the good effects that can be expected.

For encouraging a sweat, ten grains of Dover's Powders* have been generally recommended to be taken every hour till it operates, in a little warm water. It is often attended with good effects; the patient is, however, to avoid drinking plentifully of warm water for some time after; too great quantities of which occasion oppression, anxiety, and a reaching.

When, notwithstanding every exertion, the fever has continued so violent as to weaken the patient so much as to threaten death, our whole

* See *Formulae* at the end.

attention

attention is to be directed to support him by tonic remedies, such as wine and bark. These are to be used in such quantities and intervals as the stomach can bear.

When the *vis vitæ*, or strength of life, is almost exhausted, the extremities cold, and the pulse small, blisters and other stimulant remedies are to be used. Brandy, joined with a little water, in such cases has been found of service: plaisters of mustard seed, and blisters on the head have some effect. Although blisters are a very ancient remedy in the cure of fever, yet we can only authorise them in this languid state of the body, for they appear to do considerable harm when they are used indiscriminately in all stages of fever, by the irritation they occasion.

It may not be improper here to give a few observations with regard to the cure, and of some symptoms that frequently accompany fever.

The debility is the most remarkable. It always takes place more or less, although the original symptoms are moderate. Extreme degrees of it are easily known, from the patient lying on his back, by his weak changed voice, by the paleness of his countenance, &c. In such cases, any light food the stomach is able to digest, with wine and bark, should be used before the debility comes on to such a degree as to exhaust the *vis vitæ*,

vita, which is necessary to make it have some effect. Convulsive motions are not unfrequent in fevers, and little can be done to relieve them. The acuteness of the senses, such as that of hearing and seeing, shews a certain degree of inflammation of the brain. The redness of the eyes is thought an unfavourable symptom: to remove which, bleeding on the temples with leeches is of service. Dulness of hearing is not an uncommon symptom, but not always a fatal one. It denotes a morbid state of the brain.

Dimness of sight, or seeing spots before the eyes, is thought an unfavourable symptom. A moderate quantity of wine may be used in such cases.

Delirium, or raving. This is a common symptom of fevers, but may, in a great measure, be prevented, by not keeping the patient in too dark an apartment, and by putting him in mind of the people, furniture, &c. about him. When a violent degree of delirium has come on, bleeding at the temples, fomentation of the extremities, and in some cases opiates are proper.

Stupor is different from common sleep, but is not an unfavourable symptom; blisters, therefore, should never be used in such cases.

Pulse very quick, and laborious breathing, is relieved by the admission of cool air. These symptoms,

symptoms, when excessive, are dangerous.—
Loathing of animal food is generally removed by
a gentle vomit.

Stoppage of urine is a very alarming symptom.
It is to be removed by setting the patient on his
knees, walking barefooted on the cold pavement,
pouring cold water on the extremities, fomenta-
tions to the region of the bladder, clysters, and last
of all, the catheter, which should be introduced
cautiously into the bladder by a skilful Surgeon.

Sleep, not natural, contributes to a head-ach,
delirium, &c. It is to be relieved by a small
evacuation of blood from the arm, fomentations
of the extremities, and thirty-five drops of lau-
danum, taken in a cup of the patient's drink at
bed time.

Great anxiety is to be removed by a proper at-
tention to the state of the bowels. Paleness and
a ghastly look, when connected with a degree of
swelling of the eyes, are thought unfavourable
symptoms. They plainly denote the use of a lit-
tle wine, cordials, and any nourishing diet that
the patient can digest.

Faint red or purple spots appearing on the
skin, called by medical men *petechia*, or a chain
of them running together, are connected with a
putrid state of the system. In such a case, wine,
bark,

bark, a vegetable diet, cleanliness, and a pure air, are of the utmost importance.

A slow recovery from fever is sometimes not a very favourable symptom, as it may end in a dropical complaint; to prevent which, a light nourishing diet, such as the patient can digest; Peruvian bark, in such quantities as the stomach can bear; pure air, and gentle exercise, cannot be sufficiently recommended.

Of Intermittents or Agues.

HAVING already explained the cause of agues in general, we now only observe its nature, and best method of cure.

In a fit of an ague, all the symptoms already enumerated to take place in common continued fever, generally occur. These, by repeated attacks, are rivetted deeper in the constitution: hence a removal of them, as soon as possible, ought always to be attempted.

Slight attacks of Spring agues generally go off naturally, without the aid of physic; but obstinate Autumnal intermittents are sometimes very difficult to remove, and require the utmost attention of the Physician. Many remedies have been recommended for curing agues, which scarcely deserve our attention; we shall there-
fore

fore confine ourselves to a few of the best.—
During the intermission of the fits a plentiful
nourishing diet, with good fermented liquors,
should always be used to prevent the accession of
the next.

The most celebrated remedy, first recommended
for the cure of the ague, is an emetic, which
ought to be taken immediately before the acces-
sion of the fit. These have generally been used
with an intention to remove viscid tough matter
from the stomach; but it is however to be ob-
served, the oftener they are taken, the more they
increase it. Their use ought not therefore to
be so common. Twenty grains of ipecacuanha,
when taken immediately before the fit, will answer
all the effects that can be expected from emetics.

The most powerful of all the remedies recom-
mended for curing the ague, is the bark, which
is often assisted by bitters, such as camomile
flowers, gentian root, &c. which may be infused
in brandy*. Astringent substances have also
the best effects in curing an ague, particularly
oakbark, alum, &c.

To prevent the accession of the fit, forty drops
of laudanum, in a glass of simple cinnamon water,
is attended with the best effects, by relieving the

* See Bitter Infusion at the end.

most violent symptoms, and from its stimulant properties. Spirituous liquors have, upon the same principles, been found to prevent the accession of a fit. We are far, however, from recommending their use for the cure of ague. Exercise also, by increasing the action of the heart and arteries, has been often of the greatest service in preventing a fit.

It is remarkable the effect impressions upon the mind have in preventing and curing a fit of an ague. Many superstitious remedies*, curing the ague so often, can only be accounted for in this manner. Charms, or other such methods, ought never, however, to be depended upon.

Bark, the only specific, should in every case be exhibited during the time of the intermission of the fits, as it succeeds better when given before the accession of them, and is always of greater service by lessening the number, and by preventing an ague from passing into a remittent or continued fever.

The bark ought to be taken in substance, and in as large doses as the stomach of the patient is able to bear. One, two, or even four drachms may be taken at the interval of every half hour.

* It has been supposed many have been cured by swallowing some writing on paper, holding living frogs in their hands, and eating candle-snuffs.

In most people, the bark occasions a degree of costiveness, which can be removed by adding a little rhubarb, while in others it produces loose stools and gripes. To prevent this, an opium pill of three grains may be taken occasionally along with the bark.

The taste of the bark is often so disagreeable to many, that they are not fond of using it.—When taken in the infusion of liquorice-root, it is not so perceptible as when used in any other method. When children cannot be prevailed upon to take it, it ought to be exhibited by way of clyster.

During the administration of the bark, it is proper to use a nourishing diet, to support the strength of the body, unless a plethoric state of the system prevails. In such cases, the intention of the bark is frustrated; it should therefore be omitted, as it may render the fit more violent. Such is a rare occurrence; when it, however, happens, blood-letting may be used.

When, notwithstanding the application of these remedies, a fit has come on, our principal attention ought to be directed to remove it as soon as possible, by favouring the natural termination of sweating, as recommended for common continued fever.

We cannot here but observe the effect of the

east wind in preventing the cure of the ague.—
Very often upon a change of it the disease is
immediately removed.

Of the Acute Inflammatory Fever.

THE acute inflammatory fever is a seldom occurrence in this climate; and when it happens, it is most commonly the consequence of wounds, bruises, and excessive drinking of hot spirituous liquors. Persons of strong healthy constitutions, living on good animal food and fermented liquors, are generally more liable to it, particularly if they are of a full and plethoric habit, young, and in the prime of life.

The symptoms of this fever are nearly the same with those of continued fever, but much more violent. The oppression of breathing, head-ach, heat, thirst, and fulness of the pulse, is very considerable, but generally abates before the tenth or twelfth day. The convulsive affections that sometimes take place, towards the latter end of the complaint, is very alarming.

Cure.

It is of the greatest importance to pay particular attention to the regimen already recommended for continued fever. The symptoms being more violent in the inflammatory, it requires

quires a stricter adherence to the rules already laid down for relieving them.

In no fever is the use of the lancet so necessary as in this. Blood-letting, therefore, may be always used in proportion to the strength of the patient, and the urgency of the symptoms. Purging, and keeping the patient on a low diet, are also proper. Whatever increases the action of the heart and arteries should be cautiously guarded against, and the patient kept as quiet as possible. The liberal use of acids is always of service, unless a degree of purging takes place. Nothing contributes so much to relieve the patient as the free admission of the cool fresh air into his apartment, which ought to be also sprinkled with vinegar.

When the symptoms have continued so long without intermission as to produce a great degree of debility, the case is to be treated as already recommended for common continued fever.

Of the Nervous Fever.

WHATEVER debilitates the nervous system subjects it to disease, which is more or less considerable in proportion to the state of weakness induced. Constitutions already broken by too free indulgence in excesses which weaken the nervous system, are more predisposed to this fever than

any other. We have already observed also many causes having this effect, such as the depressing passions, fatigue, cold, poor diet, intemperance, &c. these destroy the tone of the stomach, and occasion nausea, or vomiting. The action of the heart being diminished, the pulse is small and irregular. The brain being deprived of the usual quantity of blood sent to it from the weakness of the heart, occasion stupidity, lightness, and giddiness. The extremities also become often cold from the same cause.

Cure.

Since debility of the nervous system is the sole cause of this disease, our principal attention ought to be directed to recover its strength as soon as possible, by supporting the patient's spirits by a generous and nourishing diet, wine, cordials, and bark, in such quantities as the stomach can bear.

All evacuations that have a tendency to weaken the patient, are to be avoided, particularly blood-letting, which can seldom or never be used with propriety in this fever. Purging, with the same view, is to be guarded against; when it therefore takes place, it is to be checked by taking a spoonful of the Japonic mixture* after every loose stool.

* See *Formula* at the end.

Costiveness is, however, very improper; to obviate which the patient may use the common clyster*. Vomiting, in the beginning of this fever, may be used with advantage; but from their debilitating effect upon the stomach, their further use is to be avoided.

If the debility towards the latter end of the fever be excessive, and a degree of delirium or raving takes place, a blister over the head is of service. When the extremities feel cold, plaisters of mustard-seed may be applied to them in the form of poultice. Sometimes convulsive affections, such as hiccup, involuntary starting of the muscles, &c. take place. In such case, a draught of thirty drops of laudanum, and thirty drops of compound spirit of lavender, taken in an ounce of simple cinnamon water, is attended with good effects.

Towards the latter end of the fever, generally about the tenth or twelfth day, if the patient has been kept too warm, an eruption often takes place, termed *miliary*, which is generally accompanied with a crisis of the fever; at other times a number of abscesses take place, which are thought a favourable symptom. As these are ex-

* See *Formula* at the end.

erions of Nature to free herself, nothing ought to be done to prevent them.

Of the Putrid Fever.

IN this state of health there is a constant tendency, in the human fluids, to putrefaction, which at particular times is greater than at others, so that when any exciting cause is applied at the time, the body has a greater disposition to putrefescence; a putrid fever is the consequence.

The state of disease often alters that degree of putrefaction which is consistent with health, and morbidly generates this disposition. It is in this way that both the inflammatory and nervous fevers, we have already taken notice of, and the common continued fever, which is a compound of both, terminate so often in a putrid fever, which may properly be called, in many cases, a continuation of each of these.

Besides this origin of putrid fever, and the natural tendency of the system to it, we cannot but observe here likewise the nature of the contagion applied. This fever, occurring most commonly in jails, hospitals, and such places, where human effluvia is confined until it becomes highly putrid, evidently shows that, independent of the natural disposition, the degree of the virulence
of

of the contagion has a great effect in determining the violence of the fever; for in many cases, when the contagion was strong, putrid symptoms began to make their appearance very soon after the application of it, particularly the red purple spots, languor and debility; and in some cases, immediate faintings, and pain of the head.

The cause of putrid fevers we have already endeavoured to show, to arise from putrid animal substances, which emit the most noxious effluvia, and hence occasion the most contagious diseases.

The distinguishing symptoms of this fever are the red purple spots, small quick pulse, loose, putrid, and very fœtid stools, remarkable lowness of spirits, anxiety, oppression of breathing, and pain of the stomach. By the diligent use of wine, bark, cordials, and acids, these generally begin to abate before the seventh day; but when they go on without any intermission, when the urine is tinged with blood, and when large putrid spots appear on the skin, with cold clammy sweats on the extremities, Death generally soon puts an end to the sufferings of the patient, particularly when along with these convulsive affections take place,

Cure.

Cure.

In no disease is it of greater importance to observe cleanliness than in this. Nothing aggravates it so much as putrid air or effluvia being allowed to remain in the same apartment with the patient: a constant stream of fresh air should therefore be always admitted.

Acids are the most powerful remedies for resisting the putrid disposition; they should therefore be liberally employed in the common drink.

Juice of lemon, with the addition of water, and a little sugar, may be used; or ten drops of the elixir of vitriol may be taken in the patient's common drink, or in a glass of equal parts of port wine and water, every hour.

Peruvian bark, from its tonic power, is of great service. It should be used in substance, and in such quantities as the stomach can bear: when it is, however, so weak that the powder cannot sit upon it, two ounces of bark is to be boiled in two English quarts of water, to one, to which may be added an English pint of wine, and as much of the spirit of vitriol as will make it agreeably acid. A glass of this may be taken every half hour. A light vegetable diet ought also to be used during the fever, as it is less disposed to putrify than an animal one.

Of

Of the Scarlet Fever and Putrid Sore Throat.

THIS is a contagious disease, for the most part attended with a putrid sore throat, and a red eruption over the skin, which, in the course of three or four days disappear, and fall off in the form of scales.

The common symptoms of scarlet fever are a shivering, sighing, and uneasiness. Many imagine the scarlet fever to be a symptom of the putrid sore throat, as they are both generally connected together. The virulence of the disease is more or less violent, in proportion to the putrid state of the body. In many cases the disease has terminated fatally in two or three days, while in others death did not occur before the seventh day. When no symptom of putrid sore throat takes place, the disease is generally very mild, and terminates in two or three days favourably.

Cure.

The bark is to be used, particularly when the symptoms of putrid sore throat take place, in the form of decoction, as already recommended*. A gargle of this decoction is always of service in

* See page 60.

removing the slough that forms on the inside of the throat. Blisters on the outside of the throat may be of service. Blood-letting must be used with caution.

Of the Military Fever.

THE military fever depends upon a certain disposition of the body, arising generally from some other disease: hence this fever is often symptomatic of other affections. It is generally attended with the common symptoms of fever; but the most remarkable are the sighing, anxiety, and the eruption, which is sometimes white, at other times red, and generally falls off in two or three days in the form of scales.

Persons after excessive evacuations of blood or sweat, are generally affected with it. It is owing to this cause that women in child-bed, persons kept too hot in other fevers, and after surgical operations, are more liable to this disease. The pernicious custom of sweating ought, therefore, to be avoided by women in child-bed, as it not only weakens them, but in some cases makes them lose their milk.

Cure.

A military eruption, when it is a symptom of another fever, is to be only cured by a removal of

of the primary affection; but when it arises from no evident cause, the patient is to be treated as in common continued fever, and is to be kept quiet and moderately cool, and enjoined a light diet, such as sago or water-gruel. Costiveness is to be avoided, by using some cooling laxative, such as tamarinds, or crystals of tartar. When, from the debility the pimples do not fill properly, a glass of white wine may be taken every half hour occasionally. Bleeding is seldom necessary in this disease.

Of the Small-pox.

THIS contagious disease has been divided into two species, viz. the *distinct*, and *confluent*, both of which are evidently of an inflammatory nature, and at first attended with the common symptoms of fever, which generally abate gradually after the third day, upon an eruption of small red spots taking place.

The common symptoms of the *distinct* small-pox, together with those of common fever, are a pain in the region of the stomach, drowsiness, extraordinary thirst, heat, convulsive startings from sleep, which is soon followed by an eruption of the pustules.

The pustules continue to inflame and fill until the eleventh day from the first attack of the fever;

ver; a viscid discharge takes place from the mouth, and the face appears swelled. But when the matter in the pustules acquires a yellow colour; the swelling of the face begins to subside, together with all the other symptoms.

The confluent small-pox is one of the most violent acute diseases to which the human body is liable. It differs from the distinct by all the symptoms being more violent, particularly the fever, the eruption being more considerable, and a number of the pustules joining together, and forming clusters which contain a quantity of thin clear matter. They are also very irregular as to the time of their appearance and filling, and towards the time they ought to disappear, a considerable degree of fever takes place, which has a putrid tendency, and is attended with purple spots, and all the other symptoms of putrid fever.

Cure.

No disease admits of so free an application of cold as the small-pox. It is very probable that by a proper cool regimen, the whole of the poisonous matter might be made to pass through the skin, without producing any pustules or fever. From a knowledge of this circumstance a great number of unnecessary pustules may be prevented with advantage and safety to the patient.

The

The advantages arising from inoculation, are now so evident to mankind, and the prejudices against it so much diminished, that it is unnecessary here to enumerate them. We need only observe, that inoculation is in every case sufficient to counteract the violence of the disease: for the regulating, therefore, of this method, we may observe—

That as the fever that attends the small-pox is of an inflammatory nature, it is of the greatest consequence to avoid whatever disposes the body to inflame. External heat, as it irritates the body, and aggravates the fever and disease, should therefore be guarded against as much as possible. October, April, and May, are the seasons generally recommended for inoculation; but it is evident children, by a proper attention, may be kept in the necessary temperature, even in the middle of Summer or Winter; and that the season of itself contributes very little to the mildness of the disease.

Several Empyrics pretend to possess medicines that render the disease milder: such generally consist of mercury, which irritates the constitution, and are, on that account, improper. In many cases patients have suffered more from these than from the disease. A cooling vegetable diet, fruit, whey, &c. ought to be used a week before
the

the innoculation. This is the only expedient necessary in the preparation, and when joined with a cool regimen, it is the grand nostrum for rendering the disease in every case mild.

No other disease ought to deter us from the practice of innoculation, if the small-pox is in the same house, or in the neighbourhood; particularly as no two morbid actions can take place in the system at the same time. Although it may not be of essential service, it is, however, the duty of the Physician to take the matter for innoculation from a healthy person, and out of a ripe pustule, and to apply such a quantity as is necessary.

The disease may be applied, with safety, from birth to eighty years of age. The most successful time of life, however, is from three to twelve years of age, as the disease is more violent in adults who have more of the inflammatory disposition.

Several methods have been recommended for communicating this disease, but it is evident the best method is that which gives the least irritation. The point of a lancet, wet with recent matter, (if it can be got) introduced into the skin of the arm, so as scarcely to draw blood, generally answers. When recent matter cannot be got, the hard matter kept on the point of a lancet ought to be moistened

moistened with a little warm water. The wound in the arm may be covered with a small piece of common court plaister. Sometimes it heals in two or three days, but the scar, a few days before the eruption, becomes red. The fever generally ensues the ninth day after the matter has been applied.

After the inoculation has taken place, our principal attention ought to be directed to moderate the violence of the fever, by using a cooling vegetable diet of fruit, sago, &c. and gentle purges, particularly crystals of tartar, a teaspoonful of which may be taken occasionally.—Blood-letting, in some cases may be used, if the patient is full; but if, on the contrary, the fever has subsided, the patient is languid, and the pustules do not fill, a glass of equal parts of wine and water may be taken every two hours, until they begin to inflame at their basis.

When the disease, either from contagion or inattention in inoculation, has become violent, all that can be done is to obviate or mitigate any alarming symptom that may take place, the principal of which are the following.

The pustules appearing in clusters, and sooner than common, is a bad symptom; the more distinct and longer they are in appearance, the more favourable the disease. When they

are flat and contain a thin clear matter, the bark is to be used in such quantities as the stomach can bear, together with a glass of wine occasionally, if the fever is not considerable. The more the matter in the pustules inclines to a yellow colour, with a red ring about their bases, the milder the disease. We cannot here but observe the good effects of opiates, both in promoting the suppuration of the pustules, relieving the uneasiness of the patient, and procuring rest. It is generally given to children in the form of syrup of poppies, a tea-spoonful of which may be given to infants occasionally. A draught of twenty-five drops of laudanum may be given to adults, in two table spoonfuls of their common drink.

When a degree of salivation takes place, it is a favourable symptom, particularly when the swelling of the face begins to subside about the eleventh day, accompanied by a looseness. But when there is a great oppression of the breast, and raving, when the matter from the lungs is tough and thick, and when the patient is so weak as not to be able to throw it off, and a sore throat and hoarseness ensue, the disease has a very unfavourable aspect. Blisters, in such cases, are to be used to the breast and throat, and a gargle of six parts of barley-water, one part of honey, and

and as much vinegar as will make it agreeably acid, is to be taken into the throat repeatedly.

When the symptoms of putrefaction are considerable, particularly the petechiæ or red purple spots, bloody urine, fœtid stools, &c. the case is not favourable; it is to be treated exactly as already recommended for common putrid fever*.

The disease occurring in childhood is milder than in adults, from their not having so much of the inflammatory disposition. Convulsive fits occurring also before the eruption, is generally reckoned a favourable symptom.

When a violent degree of fever takes place upon the pustules disappearing, or when they disappear sooner than common, the symptoms are dangerous. In such a case the inflammatory symptoms are to be obviated by purging, &c. From this disease having a putrid tendency, bleeding, towards the latter end of it, is not always so proper.

Sometimes the secondary fever of the small-pox is succeeded by a number of abscesses, the suppuration of which ought to be encouraged by warm poultices of bread and milk. The patient is to avoid costiveness, to use a light nourishing

* See page 60.

diet, and to take a little exercise, when he is able to bear it.

Of the Measles.

THIS contagious disease differs much from the small-pox, for the more pustules that appear, the milder the disease; whereas in the small-pox the disease is more violent, in proportion to the number of pustules. The hoarseness and short cough attending this disease, easily distinguishes it from small-pox: generally, also, a degree of running from the nose and eyes, which are sometimes inflamed, takes place.

When the eruption of the measles first begins to make its appearance, it has a strong resemblance to the confluent small-pox. Sometimes it rises above the skin of the face, and is uncommonly red, at the same time there is a considerable degree of oppression of breathing. From the determination of blood to the head in the beginning of the disease, a bleeding of the nose sometimes occurs, and relieves generally a degree of drowsiness which always take place.

Measles are more dangerous to those of consumptive habits, as it disposes very much to consumption and other diseases of the breast, particularly if there is a scrophulous disposition.

Cure.

Cure.

The application of cold is not to be used so freely in this disease, as in the small-pox, as it aggravates the cough, which proves a powerful irritation to the system, disposes to dangerous affections of the lungs, and occasions the eruption to disappear too suddenly. A middle temperature is therefore always proper,

The measles do not always require bleeding. When the symptoms are, however, violent, and inflammation of the lungs threatened, bleeding in proportion to the strength of the patient is not only necessary, but also blistering-plasters, which ought to be applied to the breast. The patient's drink ought also to be barley water, linseed tea, or whey, and the diet should be chiefly a vegetable one; such as a little panado, rice, or sago.

One of the most violent symptoms of measles is an excessive dry cough; when it is, however, attended with an expectoration, it is not dangerous. Several medicines have been recommended to remove or alleviate it; but the best that appears to us is the mucilaginous decoction*, as

* See *Formulæ* at the end.

recommended for common cough. The common barley-sugar of the shops may be also used, and the patient may receive the vapour of warm water into his lungs, by means of an instrument contrived for that purpose.

Sometimes the eruption suddenly disappears. This is a very dangerous symptom, particularly if oppression of breathing and delirium take place. To encourage, therefore, a return of them, blisters, warm fomentations, and flannels, are to be applied to the extremities.

When a moderate degree of looseness takes place, it is a favourable symptom; but when it is excessive, or symptomatic of an affection of the lungs, it is dangerous. An opium pill of one grain, therefore, in such a case, taken morning and evening, is of service. Bleeding at the nose, great evacuations of urine, and a sweat, are reckoned symptoms of a mild disease.

After the eruption has taken place, a degree of vomiting coming on is a favourable symptom, and should therefore be encouraged. When the pain of the eyes and head-ach continues violent, it is not so favourable. Putrid spots occurring, are always attended with danger: they are therefore to be obviated, and treated as recommended for a putrid fever.

It has been a common practice to distress patients recovering both from the small-pox and
measles,

measles, with constant purging, with a view to carry off the dregs of these diseases: this often weakens the patient too much. We think it only necessary to keep the body gently open, and to use a light nourishing diet, joined with moderate exercise, and a pure air.

S E C T. IV.

Of Inflammations,

THE symptoms of common local inflammation are a pain, swelling, redness, and heat. When these are considerable, the pulse is quick, full, and hard, and the patient is affected with a degree of fever, which gradually subsides, in proportion as the other symptoms disappear. Inflammation on the surface of the body, not affecting the rest of the system, is seldom dangerous; but when it affects the internal parts, it is always alarming.

The symptoms disappearing, as above-mentioned, the disease is commonly said to *discuss*, or to terminate by resolution. But when the symptoms are violent, and the swelling considerable, it at last becomes soft, and upon opening it a quantity of white matter is formed, when the swelling is said to *suppurate*. The inflammation being very violent, sometimes the part affected grows black, and at last *mortifies*.

The situation of inflammation often renders it more violent. It is observed, that it is generally
more

more painful in the firmer parts of the body, and that the consequences are more fatal when it attacks those parts most plentifully supplied with blood. It is from this circumstance that the high degree of sensibility of the lungs is occasioned. When they are inflamed, it is distinguished by the remarkable oppression of breathing, hot skin, and frequency of pulse.

The causes of inflammation in general are so numerous and well known, that it is unnecessary here to enumerate them. Whatever powerfully irritates any part of the body, when it is in a plethoric state, will occasion a degree of inflammation: even too great a degree of heat or cold will have this effect.

Cure.

We have observed three stages or terminations of inflammation, each of which require particular treatment and attention, as what seems proper in the one, is highly improper in the other. The first termination, in the beginning of every inflammation, ought to be attempted, but more particularly where there is a tendency in the swelling to disscuss.

This is to be executed by keeping the patient on a low and cooling diet, and by blood-letting, both from the arm and by leeches, or cupping,
ap-

applied as near to the inflamed part as possible. These are to be used in proportion to the violence of the symptoms and constitution of the patient. Purging also, with the same view, may be used. Several topical applications to the part affected is also proper, particularly cold: astringent decoctions of oak bark, alum, and solutions of sugar of lead in water, have some effect in discussing the swelling, and allaying the inflammation. When there is not, however, a probability of effecting this, such remedies ought not to be pursued too far, as they may prevent the second favourable termination of inflammation, which is suppuration.

To effect a *suppuration*, a quite contrary plan is to be adopted: a plentiful nourishing diet, with wine, cordials, &c. is necessary. Blood-letting, and such evacuations as weaken the body, are to be avoided; and the inflamed part is to be kept warm, by means of poultices made of bread, milk, and a little oil. When, by means of these, matter is formed, the disease is called an *abscess*. The swelling is then to be opened, and the matter allowed to run off.

The most dangerous termination of inflammation is *mortification*: when this occurs, the patient is to be supported by wine, cordials, nourishing vegetable diet, and bark, until a separation takes place

place between the sound and mortified parts. As soon as this is accomplished, the sore generally begins to heal. Blood-letting and purging is not necessary in this stage. Opium, taken in the form of pill, has the best effects.

Of Rheumatism.

FEW inflammatory diseases in this country are more common than rheumatism, and though it seldom proves fatal, yet from the very excruciating pain with which it is attended, and from its chance of destroying the constitution, it should be anxiously guarded against. It attacks all temperaments and constitutions, and is not peculiar to any sex; in both it occurs principally in the decline of life, and after the age of puberty.—Persons once afflicted with it, are more liable to returns of this affection, particularly in damp and wet weather, inasmuch that their bodies become living barometers. After the disease has subsided for some time, and the feverish symptoms attending it are abated, it gets the term of *chronic rheumatism*.

The most violent kind, or what has been termed *acute rheumatism*, is attended with a degree of fever and pain, which can scarcely be described by any except those who have experienced it. It principally affects the large joints, and is aggravated

vated on the least motion of them. There is a considerable resemblance between this disease and gout, but the fever attending gout is more violent; and the rheumatism is not of an hereditary nature: besides, the gout occurs most commonly in corpulent people, and does not so often attack the female sex.

The most general cause of rheumatism is cold applied to the body, when at any time it is unusually warm, or when one part of the body is exposed to cold while the rest are kept warm; or when the application of cold is too long continued, by wearing of wet clothes, shoes, &c.—Violent strains, or unusual exertions, may also be a cause; but the most common are vicissitudes of heat and cold: hence the disease occurs more frequently among those who labour in cold climates, and who are exposed to cold damp air.

Cure.

When the pain is excessive, and the fever violent, bleeding is adviseable. But this is to be used with caution, as it weakens the patient too much, and occasions a slow recovery. When the feverish symptoms therefore do not run high, a cooling laxative answers all that is necessary, together with a vegetable diet, fruit, &c. as an animal one increases the inflammatory disposition.

The

The best laxtives are tamarinds, or crystals of tartar: half an ounce of the latter may be taken daily, in the patient's common drink.

Upon the whole of the feverish symptoms abating and the pain still continuing, nothing so much relieves it as a copious sweat, although it is induced by artificial means. To favour this the patient should lie in woollen or cotton cloth, and drink plentifully of cooling and diluent liquors, using at the same time ten grains of Dover's powders* every hour untill the sweat breaks out. The patient is to avoid drinking any liquids for half an hour after taking this powder, as it may occasion vomiting. The sweating is to be kept up at least twelve hours, sometimes it is necessary to continue it twenty-four hours before it has any effect.

The warm bath on the same principles is attended with good effects in this stage, but it must be observed that the greatest caution is necessary both after its application and the sweating, to avoid cold, as the body is then more susceptible of cold than before using them. Wearing flannel next the skin for a considerable time after, is of consequence; warm furs and the fleecy hosiery are also exceeding proper, particularly when the pain becomes stationary and is confined to the extremities.

* See *Formula* at the end.

The application of blistering plaisters when the pain is confined to one part is also attended with the best effects. Several other local applications also often remove the pain; such as camphorated spirits of wine, camphorated oil, &c. which may be rubbed upon the part before a fire. A considerable share of the advantage from such remedies is derived from the friction upon the part: hence the good effects of the flesh brush, so often recommended, together with proper exercise to prevent a return of this complaint. Electricity also sometimes removes the pain and may in many cases be used with advantage.

When the pain is so excessive as to prevent the patient from rest, if the degree of fever is not violent, a draught of forty drops of laudanum may be administered with advantage every night at bed-time.

Of the Gout.

THIS disease is scarcely known in those countries where fermented liquors are seldom used. It is generally owing to the hereditary disposition acted upon by some occasional cause. It attacks most commonly those who are of a full habit, or whose constitutions have been broken by intemperance, night watchings, depressing passions, too close application to study, changes from too rich

to a very poor diet, too liberal an use of intoxicating liquors which have a considerable portion of acid in their composition, and too great quantities of oily matter contained in roasted or fried animal food which cannot but be oppressive to the stomach and occasion indigestion, one of the concomitant symptoms of the gout.

It is true that a certain hereditary disposition always predisposes to this disease; but it is evident that accidental circumstances produce it, such as great quantities of indigestible food.—We cannot here but observe the words of the celebrated Sydenham, “that more rich than poor, more wise men than fools, are affected with this disease.”

The gout generally comes on about the middle of February, which is the time it is usually most fatal. When the patient does not fall a victim to it, he generally enjoys better health and spirits than he did for some time before.

A fit of the gout is commonly preceded with a sense of cold prickling, extending along the muscles of the foot, several days before the fit comes on. There is also a disordered state of the stomach, weariness, and weakness. When these symptoms occur, the least uneasiness of the lower extremities, even from cold, tight shoes, &c. brings on a fit.

Its first appearance is attended with a degree of fever, which seems to be of a nervous nature, and occurs generally about three in the morning, from which time a degree of pain begins to take place, most commonly in the great toe, if it is the regular gout. This pain is, however, sometimes relieved in the course of twenty-four hours, upon a degree of swelling and redness ensuing, and upon a gentle sweat breaking out. When this does not happen, the pain continues longer, and the patient is confined for weeks, and even months, by repeated fits of a similar nature.

Cure.

The effects of medicines are exceeding small in curing the gout, when compared with a proper regimen. A fit of the gout, however, has been often prevented for a year, by means of medicines; but such are commonly of so noxious a quality as to prove in the end fatal to those who use them. Lime-water, by its strengthening the tone of the stomach, correcting the acidity, and promoting digestion, is of the greatest service.—The stomachic pill has also this effect, and may be used with great propriety if a degree of costiveness takes place. These are all the medicines necessary to be employed by those who have the hereditary disposition.

To

To prevent this disposition, which is sometimes so powerful as to make it's appearance before the person arrives at the age of thirty, exercise and temperance should always be attended to. No exercise is so proper to gouty persons as walking; it is infinitely preferable to riding on horseback, or in carriages. A milk and vegetable diet is always to be preferred, as it is less disposed to favour plethora or fulness.

It is, however, to be observed, that when patients have already experienced repeated fits of the gout, that a low diet is equally improper, as it deprives the body of the necessary and accustomed nourishment, and thus debilitating it, predisposes to gout. Persons, therefore, in the decline of life are not only to be allowed a nourishing diet, but also the use of such strong liquors as they are accustomed to.

During a fit of the regular gout the patient is so irritable, that the greatest attention is necessary to keep the mind as quiet and easy as possible. The part affected may be covered with warm flannel or poultices: the latter, however, is to be used with caution, as it may occasion the disease to shift its place, perhaps to some of the organs more essentially necessary to life. Towards the latter end of a fit, if the pain is excessive, nothing relieves it so much as a draught of lau-

danum; it procures rest, and favours a gentle sweat, which is always of service. To effect this also two tea-spoonfuls of the volatile tincture of guaiacum may be taken at bed-time.

When the gout entirely arises from a debility of the nervous system, tonics, and such remedies as strengthen it most powerfully, are to be used. Bitters, joined with aromatics, have been recommended with this intention. One ounce of Columbus root, and one of Jamaica pepper, may be infused in two pints of brandy for five or six days, a glass of which may be taken every day. Chalybeate waters, from the exercise and company attending them, is also a proper remedy for gouty persons.

When the gout attacks the stomach, the strongest spirits, joined with the warmest spiceries may be used with good effects, and without producing intoxication. If a purging takes place, opiates may be successfully used. When it attacks the brain, blisters are to be applied to the head, &c. to favour its changing its place. When it attacks the bowels, the symptoms are alarming, and require the aid of the Physician.

Of the Erysipelas or Rose.

By many it is supposed, that there is a natural disposition to this disease, while others affirm it to be owing to a noxious matter generated in consequence of fever, or accumulated in the body from the drying up of some accustomed drain or evacuation, and that it is contagious. By far, however, the most common causes are obstructed perspiration in persons of plethoric habits, fracture of bones, and unwholesome air of hospitals. Persons once affected with it, are more liable to returns of it.

The characteristic symptom of Erysipelas is a remarkable degree of drowsiness, quick pulse, vomiting, and delirium, particularly when it affects the face, irregular diffused and red swelling generally occurring on the extremities; but sometimes on the application of cold, shifting its place, and continuing for several days. Sometimes small blisters take place, which discharge a thin acrid matter that frets the rest of the skin.

Cure.

The terminations of the rose may be the same with those of inflammation in general: the same

method of treatment is therefore generally proper. The utmost attention is, however, here necessary to prevent this inflammation from shifting its place from the extremities to some of the internal organs more essentially necessary to life, by not keeping the part affected too cool. Excessive heat is equally improper, as it aggravates the complaint from the irritation it occasions.

The diet should be low and cooling; fruit, barley-water, or water-gruel should be used, if the patient is of a full habit; but when the case is otherwise, he may be allowed weak chicken-broths, joined with a little wine.

This disease generally terminates favourably when on the extremities; but when it attacks the face the danger is great, as it may affect the brain. Bleeding, particularly by leeches to the part affected, in such cases may be used with advantage. Cooling purges are also proper, such as tamarinds, &c. Bathing the feet in warm water determines the blood from the head, and applying warm fomentations to the extremities is of considerable service. We should endeavour, as much as possible, to prevent the acrid matter formed in the blisters from corroding the skin by spreading on its surface, by shaking a little flour on them. If the disease has a putrid tendency,
it

it is to be treated as already recommended for putrid fever.

Of Phrenzy or Inflamed Brain.

THE brain being the organ most susceptible of sensibility in all the system, it is often inflamed from other diseases, such as the erysipelas and gout, of which we have already taken notice.— The causes of this disease may also be whatever increases the quantity of blood towards the head, such as hot climates, strong liquors, opium, hemlock, &c. It is evident also passions of the mind may have this effect, for we may conclude, when they occasion blushing, a similar congestion of blood takes place in the brain.

The particular symptoms of this disease are a violent fever, excessive redness of the eyes, and inability to bear light, great head-ach, &c. The face is flushed, watching, and in some cases violent delirium, take place.

Cure.

The most powerful means already recommended for the removal of inflammation in general, ought to be used here as soon as possible. Blood, with this intention, should be taken from the
jugular

jugular veins, and cupping and leeches applied to the temples. The head ought to be shaved, and rubbed over with vinegar. Purging also, as it determines the blood from the head, is attended with good effects. Bathing the feet in warm water is also of service. Bleeding at the nose sometimes takes place, which relieves the patient: when either this or a copious perspiration take place, it is a favourable symptom.

Nothing hurts the patient so much as noise, and the passions of the mind; they should therefore be prevented for the reasons already given when treating of common continued fever *. As many imagine that inflammation of the brain may arise from piles being dried up, if the patient has been accustomed to this discharge, an acrid clyster may be applied to favour its return; or if this fails, leeches may be applied to the anus. When inflammation of the brain is in consequence of the inflammation of the lungs, or any of the bowels, the case is very dangerous; all that can be done is to cover the head with a large blistering-plaister.

* See page 39.

Of the Quinsy or Inflammation of the Throat.

THERE are several species of this disease, the most dangerous of which is the putrid sore throat, which we have already taken notice of. The common inflammation of the throat is easily distinguished by observing the uncommon redness and inflammation on looking into the throat, by the dryness of the mouth, pain of swallowing, or hard quick pulse, which is generally attended with a degree of fever.

The common quinsy arises from cold obstructing perspiration, and disposing the tonsils to inflame, so as sometimes to prevent swallowing any food or drink. Besides cold, a number of other causes, by irritating the throat, disposes it to inflame, particularly acrid substances, or sharp pointed bodies sticking in the throat. These are sometimes very dangerous, by preventing nourishment being thrown into the system, but much more so when they obstruct the breathing by the swelling pressing against the windpipe.

Cure.

This disease is not always violent, and does not require, therefore, blood-letting, except in urgent

gent cases. Astringent solutions of port wine, a little water, and as much tincture of roses as will make it agreeably acid, has the best effects in allaying the swelling, which generally discusses if it is not considerable. A solution of a little alum and water, or of vinegar and honey, answer this intention also equally well.

When the swelling is, however, considerable, no remedy answers better than scarifying the tonsils if they are enlarged, together with bleeding at the arm; taking the steams of warm water into the throat by means of an inhaler, recommended for a common cough*, is attended with the best effects. A cooling purge is also of service: half an ounce of soluble tartar may be taken in a pint of warm water or whey occasionally. Bathing the feet also in warm water is attended with considerable advantage. It is of the greatest importance to keep the throat always warm.

Sometimes the swelling of the throat becomes large, and suppurates; in such a case it is proper to open it with a lancet, to allow the matter to run off. A few cases occur, when a hard swelling remains; if it becomes inconvenient, a proper Surgeon ought to remove it.

* See page 33.

Of Inflammation of the Lungs, Pleurisy, &c.

THESE two diseases arise generally from one and the same cause. The same method of cure is also for the most part proper in both. When treating of common colds, we have observed, that obstructed perspiration is one of the most frequent causes of inflammation of the lungs and pleurisy. Besides these, whatever throws a greater quantity of blood into the lungs, produces *pneumonia*, as the stoppage of any accustomed discharges, such as the menses, piles, &c. and violent exercise, or strait narrow chests not allowing the lungs room for distending. The disease is called *pleurisy* when the membrane that covers the lungs is only inflamed. When the wind-pipe is only inflamed it is called the *croup*.

The most violent symptoms of this disease are the oppression of breathing, cough, and pain confined to some particular part of the chest, a degree of cold, shivering, and fever, attended with a quick, hard, and strong pulse, with difficult expectoration, which is sometimes mixed with blood when the lungs are inflamed. The patient generally lies easier on the side opposite to that affected; but the symptoms are sometimes
so

so violent, that the patient cannot breathe, except in an erect posture. This is particularly the case when an effusion takes place in the chest, and so presses on the lungs.

Cure.

When treating of the cure of cold and cough, we mentioned the most proper plan of treating inflammation of the lungs and pleuræ; we have, therefore only to observe the effect of a few of the best remedies commonly recommended in the cure.

Blood-letting is not more necessary in any disease than in this. It is to be drawn in considerable quantities, and repeatedly, until the patient is relieved. Cold air is not to be applied here with so much freedom as in common continued fever, as it increases the cough, which always proves an irritative to the lungs. When it occurs it is to be obviated by taking the steam of warm water into the lungs, as recommended for common cough*. Blisters applied to the breast are of the greatest consequence, together with cupping on the affected side. Emollient elysters are also of service. The best drink is

* See page 33.

barley-

barley-water. The diet ought to be very low and light, and should be taken in moderate quantities. Opium can only be used when the inflammation is nearly over: in this state of the complaint it relieves the cough, and assists expectoration. It may be taken in the form of a pill of two grains, morning and evening every day.

Of the Inflammation of the Stomach.

THE symptoms of inflammation of the stomach are excessive vomiting, remarkable hard and small pulse, loss of voluntary motion, convulsive fits, particularly hiccup, acute pain fixed in the stomach, oppression of breathing, much thirst, and debility, which is sometimes so excessive as to occasion fainting fits.

The stomach by inflammation acquires such a high degree of sensibility as to reject, by vomiting, the mildest substances thrown into it. The great sympathy between the stomach and other parts of the body brings on a fever and debility, which is often fatal in two or three days, and in some cases even in a few hours.

When the stomach is in a distended state, a blow upon it may occasion inflammation. Poisons or strong spirituous liquors thrown into the stomach, or violent drastic purgatives have this effect also. Persons not in the habit of drinking
cold

94 *Of the Inflammation of the Intestines.*

cold acid draughts when they are warm, upon taking such are very liable to it; also a determination of the matter of the small-pox or measles upon the internal organs, may occasion an inflammation of the bowels and stomach. Erysipelas also shifting its place and attacking the stomach, inflames it.

Cure.

The patient is to be treated in the same manner as recommended for the acute inflammatory fever; the food should be only barley-water. It is, however, to be observed also, that neither purgatives given by the mouth, nor vomits are to be used, as they irritate the stomach. If costiveness takes place, emollient clysters of water-gruel, and a little oil, is all that seems necessary. Bathing the feet in warm water has the best effects. Blisters applied to the region of the stomach, should also be, in every case, used.

Of the Inflammation of the Intestines.

INFLAMMATION of the intestines is, in many cases, not easily distinguished from a cholic or cramp, which is sometimes a cause. The pain in this disease is, however, chiefly confined about the navel. In the continental countries of Europe,
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particularly Hungary, this disease is very common, and arises chiefly from cold. Ruptures also occasion this disease, and sometimes the fæces are thrown up by vomiting. Costiveness is a common attendant of it: the fever, and other symptoms already enumerated to accompany inflammation of the stomach take place.

Cure.

The costiveness should be removed as soon as possible by such laxatives as are less nauseating to the stomach, such as the calomel pill, which may consist of three or four grains of calomel, and as much bread as will make it into a pill; if this has not the desired effect, plunging the patient into the warm bath is attended with advantage. Fomentations to the belly relieves the pain more or less. An injection of warm water, a little oil, and eighty drops of laudanum should also be administered when the inflammation begins to subside, as it prevents a return of it, which is very apt to take place, when the bowels are in a weak state. If, unfortunately, mortification happens to take place, the case will terminate fatally, notwithstanding every assistance that can be expected from medicine. A few cases occur, where the disease terminates by suppuration; but such are rare. When the inflammation is occasioned

by a bowel protruding, it is to be cautiously returned as soon as possible by a skilful Surgeon.

Of the Inflammation of the Liver.

THIS disease is not common in this country, but is frequent in warm climates. It is generally divided into two kinds, viz. the violent or *acute*, and the *chronic* or slow kind, which seems to be the effect of the former, as it is generally attended with a collection of matter formed in the substance of the liver. Sudden applications of heat and cold are found to be the most common causes of it; or a scirrhus state of the liver, obstruction of the biliary ducts, a liberal use of high-seasoned aliment joined with ardent spirits, dampness, intermittent fevers, &c.

The symptoms of this inflammation are a degree of pain, very similar to pleurisy, under the right short ribs, and extending sometimes to the top of the shoulder. The patient lies with more ease on the affected side: a fever, with oppression of breathing and vomiting ensues, together with a degree of cough, and sometimes hiccup, particularly when the inflammation is of the acute kind. If the gall bladder and ducts are inflamed, a yellowness of the eyes and skin take place.

Cure.

Inflammation of the liver is cured in the same manner as recommended for other inflammations in general. Blood-letting, according to the urgency of the symptoms, is proper, together with gentle laxatives. Stimulating and irritating substances are to be avoided. To favour a resolution of this inflammation no medicine has so much effect as mercury: it is not only of service in an inflamed, but also in cases of scirrhus liver. It may be taken in the form of the common mercurial pill. When, notwithstanding the assistance of remedies, matter is formed in the substance of the liver, and it points outwardly, an opening is to be made cautiously by a Surgeon, and the matter allowed to run off. This is a common operation in warm climates. Sometimes the disease terminates by sweating, or a discharge of bile: when there is a tendency to this, it should be encouraged.

Of the Inflammation of the Urinary Organs.

WE have observed the kidneys to be the organs appropriated by Nature for the secretion of urine. These may be inflamed by the causes inducing inflammation in other parts of the body,

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such

such as local irritation from stones lodged in the kidney itself, or in the canals that carry the urine into the bladder; from bruises or wounds in the loins; or it may be occasioned by violent exertions, such as long riding, walking, &c. or from medicines given with intention to promote the secretion of urine.

The pain attending inflammation of the kidneys, being situated in the loins, may be mistaken for the rheumatism, but is distinguished by its not being so much increased on motion as rheumatic pains. Vomiting, from the sympathy between the stomach and kidneys, is one of the characteristic symptoms of this inflammation.—When inflammation arises from the irritation of a stone sticking in the urinary passages, the testicle rises up towards the belly, from the contraction and pain of the other parts. Inflammation of the bladder arises from the same causes, and is easily known by the pain, obstruction of urine, &c.

Cure.

The blood, from certain substances mixed with it, acquires an acrimony which hurts the kidney in passing through it. This irritating matter is therefore to be diluted by a plentiful use of mild liquors, which ought to be of a mucilagi-

nous and cooling nature, such as barley-water, whey, &c. The remedies recommended for other inflammations are also proper, particularly fomentations to the loins, blood-letting, &c. Blisters are remedies which do not seem so proper here as in other inflammations, as they affect the urinary organs.

When the pain is excessive, opiates have the best effects in allaying the irritation from stones sticking in the passages, and in removing violent spasms that sometimes take place: one hundred drops of laudanum may be taken in an injection, which ought to consist of a little oil and water-gruel. The patient may also take ten grains of nitre, half a drachm of gum Arabic, and a drachm of white sugar, every four hours, in his common drink. When inflammation of the bladder takes place, warm fomentations are to be applied to the lower part of the belly, and the patient is to be treated in the same manner as recommended for inflammation of the kidneys.

Of the Inflammation of the Eyes.

INFLAMMATION of the eyes may be occasioned by the irritation of extraneous bodies inserted between the eye-lids, or excessive light, heat, smoke, &c. frequent intoxication, venery,

night watching, increased determination of blood towards the head, external injuries, or whatever debilitates the system; venereal disease, scrophula, &c.

The symptoms of the inflammation of the eyes are so well known and evident, as to lead seldom to a mistake. The violent pain, redness, and running of a hot clear matter, easily distinguish it: these, when violent, are sometimes attended with a degree of fever.

Cure.

No remedy has so much effect in relieving the inflammation from the eyes as bleeding, when performed near the part affected. Leeches, with this intention, are attended with great advantage, when applied round the eye. Cupping also is a very good way of effecting this, when it is properly performed; but in general it gives so much irritation to the patient, as to prove rather hurtful than beneficial to him. When the disease is violent, bleeding at the arm is also necessary, together with a low and cooling diet.

Purges also are of service: half an ounce of soluble tartar, taken in the patient's drink, may be used. This, in many cases, has been found to remove an inflammation of the eyes completely. Blisters, applied as near to the eye as possible,

possible, from the discharge occasioned by them, are attended with much good effects. Issues, or a cord in the nape of the neck, are found also to be of service. Electricity has also been recommended: in many cases it affords immediate relief, and removes the pain; but in the greatest number of cases the inflammation returns, and sometimes with greater violence than before.

During this disease a high degree of irritability of the eyes takes place, which is very much alleviated by the free use of opiates. The eye may be washed by a solution of one drachm of opium in an ounce of distilled water, when the pain is violent. A draught of forty drops of laudanum, taken at bed-time, is also attended with good effects. When the inflammation of the eyes arises from the venereal disease or scrophula, a cure is often difficult to obtain. In the former a mild mercurial course will be of service, and in the latter bark and a nourishing diet can only be depended upon to have this effect.

Of all the celebrated eye-waters recommended in this disease, none appears to us preferable to a solution of lead in water; one or two drachms of the extract of Goulard may be joined to eight ounce of rose-water, or one drachms of the sugar of lead to the same quantity of water, with

the addition of two drachms of distilled vinegar; this may be repeatedly applied to the eyes, which ought afterwards to be covered with a small piece of gauze to defend them against too strong a light.

Of Burns.

FROM burns violent degrees of inflammation often ensue, which sometimes terminate in mortification: our whole intentions are therefore to be directed to prevent this as much as possible, particularly if the injury has been extensive, by a cooling diet, blood-letting, &c.

It is of the greatest importance in a recent burning to alleviate the pain, and prevent the formation of blisters, which are very liable to take place: in effecting this no remedy is of greater advantage than opium. A draught of laudanum, therefore, ought to be taken occasionally, in proportion to the urgency of the symptoms. Plunging also the burnt part into water of the same temperature with the rest of the body, has considerable effect. Astringent solutions of oak bark, alum, or sugar of lead in water may be used to the part with the greatest propriety; they prevent blisters from taking place, and allay the inflammation.

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When, notwithstanding these blisters are formed, as soon as the inflammation has subsided the matter they contain is to be allowed to escape, by making a small puncture with the point of a needle in the most depending part of them.

Sometimes, unfortunately, (when the burn is occasioned by metallic bodies) a loss of substance takes place; in such a case the part is to be covered with a liniment of equal parts of linseed-oil and lime-water*. The wound ought to be always covered from the cold by soft lint. If mortification takes place, it is to be treated as already recommended†.

* Mr. Cleghorn, a brewer at Edinburgh, has made a very useful discovery, which is the application of vinegar to scalds or burns. The injured parts should be kept constantly wetted with whitewine vinegar; and he has found that chalk, finely powdered, or scraped, (for he generally holds a lump of it over the sores, and scrapes it with a knife upon them) is very efficacious in promoting the cure. A common white bread poultice is likewise sometimes applied over the chalk.

† See page 33.

Of Wounds.

VERY high degrees of inflammation are often the consequence of wounds, and require the greatest degree of attention to prevent their running into mortification. Wounds are always dangerous when they are inflicted on organs essentially necessary to life, such as the lungs, heart, stomach, &c. Inflammation arising from wounds in the neighbourhood of these is attended with danger, as it may extend itself to those organs. The admission of air into cavities unaccustomed to it, is often fatal, from the inflammation it occasions.

In the treatment of wounds in general, we may lay it down as a rule, that when a wound is inflicted, with a sharp clean instrument, its edges ought to be brought in contact as soon as possible, and retained in that way by a proper bandage until a cure is completed, which generally soon takes place: but when any foreign body is lodged in a wound, we first ought to endeavour to extract it as soon as possible, if it can be done with ease: when this, however, cannot be executed by the swelling that ensues, we ought to allow it to remain until a Surgeon is called, or until it is thrown out by the suppuration,

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The most alarming circumstance attending wounds is the effusion of blood, which often takes place. When the wound is on the extremities, a bandage applied, with a certain degree of tightness, above the wounded part, prevents it until assistance can be got from a Surgeon. When the wound happens to be on any other part of the body, pressure with lint on the part will be of service, and is preferable to any astringent solutions that can be applied.

If the patient is full, and the injury and fever considerable, he is treated as recommended for inflammations in general. If the bleeding from the wound has not been considerable, he is to be bled, kept quiet, and on a low diet. When the wound is much inflamed, warm poultices of bread and milk, as they favour suppuration, are proper.

Of Hernia or Ruptures.

WE have already observed, that inflammation of the bowels may be the consequence of ruptures: they occur in different parts of the body, as in the groin, top of the thigh, and navel, are generally occasioned by laughing, crying, coughing, &c. The danger from ruptures arises from the circulation being stopped in the parts forced out by the contraction of the passages through

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through which they escape, and thus occasioning mortification of the bowel protruded, which for the most part proves fatal if not attended to. The symptoms of a rupture are an extraordinary affection of the stomach, violent costiveness, and, on inspecting the part, an elastic swelling.

To remove this complaint a reduction of a bowel, as soon as possible, ought always to be attempted by a skilful Surgeon perfectly acquainted with the direction of the opening; when this cannot be obtained, and the situation of the swelling directs to the opening, the patient is to be laid on his back, and the part last protruded, first cautiously, and by gentle pressure with the forefinger, returned gradually by the opening. Sometimes after this is found impracticable it is necessary to bleed the patient, when he is in the erect posture, so as to produce more readily a fainting fit, during which the reduction of the bowel may be more readily accomplished.

Some are often induced to apply poultices and warm fomentations, with a view to relax the parts. These are attended with the worst consequences, as they, in every case, render the reduction of the bowels more difficult, and aggravate the complaint.

Of Bruises and Sprains.

THE vessels and circulation in the part being destroyed, a mortification of it often ensues, particularly when the injury is considerable. Both in the treatment of sprains and bruises, all that can be done is to alleviate the inflammatory symptoms, by bleeding as near the affected part as possible. When, notwithstanding this, the swelling attending bruises does not subside, warm poultices are to be applied to favour a suppuration, and opiates given to alleviate the pain. If mortification takes place, it is to be treated as already recommended.

Of Broken Bones or Fractures.

FRACTURES are distinguished by the degree of swelling, alteration of the shape of the part, acute pain, grating noise of the bones, nature of the accident, &c. Fractures, when attended with a wound of the soft parts, are always dangerous, and require the utmost attention. The fractured ends of the bones ought always to be placed as near as possible in the natural situation, and retained in this state by a proper bandage, and splints, which ought to be made of pasteboard, applied when wet, so as to retain, when dried, the form

form of the limb. Sometimes the fractured ends of the bones over-lope one another. In such a case moderate extension is necessary.

To allay the inflammation attending fractures, a low diet is generally proper, together with blood-letting. When, however, the inflammation has subsided, and with the fracture a wound takes place from which there is an excessive discharge, a nourishing diet, wine, and cordials are necessary. Broken bones of old and diseased constitutions do not heal rapidly. The cure is also retarded when the broken ends cannot be kept in contact, and when the soft parts have been much bruised by the accident, or when the bone is much shattered. In such a case amputation is advisable.

S E C T. V.

Diseases of Children.

IN no part of medicine are we left so much to conjecture as in the diseases of infants, they not being able to give an account of their complaints: many, however, can be so easily distinguished, as seldom to lead to a mistake, such as teething, water in the head, hooping cough, &c. Our limits at present will not permit us to enter into a full disquisition of the treatment of children, or of all their complaints; we shall, therefore, confine ourselves to a few general observations on the treatment of those complaints that occur most frequently and are most dangerous.

In the state of childhood, the greatest degree of irritability takes place, so that the least exciting causes are hurtful. Most of the diseases, at this period of life, arise from costiveness, or some other irritation applied to the intestines, such as acidities, &c. the power of digestion at that time of life being weak, the food often runs into the acetous fermentation, fours, and is rejected by vomiting. To guard against this, a
light

light diet should be used, consisting chiefly of milk, and a proper attention paid to the state of the bowels. No medicine seems preferable for effecting this to a few grains of rhubarb, joined with double its quantity of magnesia.

Of Teething.

THIS is one of the most painful and violent complaints of infants, and is often attended with a degree of fever, and sometimes even convulsions, particularly in children of irritable habits, so as to prove fatal. This generally arises from the tearing of the tender substances of the gums by the tooth, and may be distinguished from other complaints by its occurring generally about the seventh month, by the increase of saliva, (which is sometimes, however, also diminished) by the inflammation of the gums, degree of purging, acidity, and sometimes costiveness, that take place.

Cure.

Small doses of the syrup of poppies and the warm bath may be used if convulsion fits take place. If acidity of the stomach is present, a little magnesia and rhubarb may be taken, as already recommended. The safest, most effectual, and expeditious method of relieving the pain

pain and complaint, is to make a cross incision over the inflamed gum, not by any blunt substance, as generally recommended, but by a sharp lancet or scarifier. Sometimes a blister applied behind the ear is attended with good effects.

One of the symptoms attending teething is a violent looseness; this, for the most part, arises from the irritable state of the system, which, by the application of a little cold or acrimony of the food, is acted upon. The purging, therefore, occasioned by this cause, is to be prevented by a little magnesia and rhubarb, to remove this acrid matter from the system. Besides these, vomiting, and many other symptoms often take place.

The most violent symptom attending teething is the convulsions: they arise from the same cause as that of purging, owing to the sympathy between the bowels and the brain, and is therefore to be cured by removing any acrid matter from the stomach by a gentle vomit or purge, as already recommended, and with a little syrup of poppies taken occasionally to lessen the irritability of the system. Convulsions arising from small-pox and measles we have already taken notice of, and shall observe such as arise from worms, when treating of that disease.

Of Water in the Head.

THIS disease is attended with a great degree of head-ach, which is sometimes so very acute as to make the patient cry out violently; attended with nausea, vomiting, squinting of the eyes, and double vision; the pulse is sometimes exceeding quick, while at other times it is remarkably slow. It generally attacks persons under the age of puberty and its causes cannot be accurately ascertained. Whatever induces dropfy in other parts of the body, may occasion it in the brain, particularly debility.

Besides the remedies recommended for the cure of dropfy in general, such as drastic purges, &c. of which we will take notice hereafter, mercury has been known, in a few instances, to be attended with good effects, and can be pushed to a considerable extent without producing salivation. Blisters applied to the head are often attended with advantage, particularly when joined with issues, which ought to be formed in the nape of the neck.

Of the Chin-cough or Hooping-cough.

THIS contagious disease is sometimes attended with a degree of fever, which by many Physicians was thought essentially necessary to its existence: it specifically affects the lungs, and from the sympathy of the stomach with this organ, occasions vomiting, which led Physicians often to believe it principally affected the stomach. This disease most commonly affects children, but sometimes the parents get it from them. It is easily distinguished from common cough by the particular convulsive form of it, to see which is often more painful to many people than to endure a fit.— It is sometimes so violent as to occasion a bleeding at the nose, from the circulation being interrupted in the lungs during the fit, which is also the cause of the flushing of the face. Repeated attacks of these always rivet the disease deeper in the constitution.

Cure.

When the violence of the cough discharges the contents of the stomach, and the person is immediately hungry, it is a favourable symptom.— In such a case a light and nourishing diet may be
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allowed him: but when difficulty of breathing is occasioned, it is one of the most fatal symptoms, as the strength of the patient is very much exhausted by it. In such a case, blistering plaisters to the breast are the most proper remedies in preventing the number of fits, which always irritate the lungs more or less. In very urgent cases, to prevent suffocation, blood-letting may also be used. The greatest caution is, however, here necessary, as children bear this evacuation worse than any other: those under twelve years of age have a worse chance of recovering from this disease than when older; likewise those of weakly constitutions and liable to scrophula. Many healthy children at the breast, however, recover perfectly well.

Vomits, during the fits, aggravate this disease, and should therefore never be administered. In the intervals, however, they may sometimes be used with advantage, but may be always omitted when there is no apprehension of danger. When the disease has long subsisted, the Peruvian bark may be used, particularly if the patient is in a state of recovery, as it strengthens the system, and corrects the habit occasioned by nervous affections. The violence of the cough may be alleviated by the remedies already recommended

1 *for*

for common cough *. It is an universal practice with many Physicians to recommend a change of air. The amusement a change of situation gives to children in this case, has more effect than any change of the air, which, however, may have some effect also.

Of Worms.

WORMS of various descriptions often exist in the human alimentary canal, and have attracted the attention of Physicians and Naturalists to explain their causes. We need, however, only observe, that the same mode of treatment, as far as observation yet goes, will answer for the cure of all; and that the symptoms induced by each species are nearly the same. A refinement on this head, at present, would be apt to involve the practice in a degree of mistake and error, and to leave the weak part of mankind the dupes of imposture.

We may venture to say, that the different species of worms have been transmitted by the food into the stomach, where, by the heat and change of situation, they assume their large size. It is from this circumstance that people who eat unwholesome raw roots, herbs, fruit, &c. are more

* See page 33.

liable to such complaints from the ova or eggs of worms being lodged in vegetables. The symptoms of worms are numerous, but can seldom distinguish the disease with sufficient accuracy; the most remarkable are starting from sleep, extraordinary pain of the bowels, so as to produce convulsive fits, bad appetite, large belly, purging, degree of colic pains, cough, epileptic fits, &c.

Cure.

Those remedies that increase the motion of the alimentary canal most powerfully, are always used with greater success in removing worms.—Castor oil, with this intention, has been often found of great service. Besides, the oil being hurtful to such animals, the briskness with which this purgative operates, often carries some of them off. Strong purges of calomel also have this effect, ten grains of which may be taken by an adult in a little honey, after which he is to be kept warm, and to drink plentifully of warm water-gruel. Strong doses of the tincture of aloes are often administered with advantage.—This bitter substance is said to destroy these animals, and to be an antidote against them. Some medicines are used with a view to destroy worms by their mechanical action, such as powder of tin.

tin. We cannot say how far this medicine may succeed; it merits, however, a trial: two or three drachms of it may be taken during the day in any liquid that is most agreeable to the patient. As the symptoms arising from debility and worms are very similar, a plentiful nourishing diet, wine, exercise, and as much bark as the stomach can bear, is, in almost every case, proper.

S E C T.

SECT. VI.

Female Complaints.

THE evacuation of the menstrual flux is essentially necessary both for health and generation: when it is excessive or irregular, or when it is deficient, except during pregnancy; suckling, and the time it ceases altogether, the health generally is not only impaired but also a train of innumerable nervous complaints is the consequence.

This surprising law of the animal œconomy seems to be entirely confined to the human species, and occurs, for the most part, at the stated periods of every twenty-eight days, or thereabouts; generally in this climate from the age of fourteen to that of fifty; but in the warm climates from the eleventh year, where it also ceases much earlier. The cause of this natural process has afforded matter of speculation to Philosophers and Physicians, the opinions of whom would extend far beyond our present limits. We need only observe, that between those two important periods already mentioned, pregnancy can only take

take place; and that this discharge, however small, removes from the system during non-pregnancy the unnecessary quantity of fluids, which seems to be always so nicely balanced as to be hurtful in that state, but is at other times highly necessary for nourishing the fœtus. Besides this, the vessels of the uterus are preserved in a healthy state and fit for procreation.

It is not perhaps easy to assign the cause of the regularity of this discharge, and of its occurring generally at stated periods. This is a law of the animal œconomy which we cannot attempt to give an explanation of here. We shall therefore only observe the effects of its deviation, or what has been termed *irregular menstruation* upon the female constitution.

Of an immoderate Flow of the Menfes.

THIS discharge becomes hurtful when it occurs oftener or in greater quantities than usual, or when it continues so long as to weaken the patient too much. This may arise from a variety of causes, which act in different manners upon the uterus: often very slight irritation given to it brings on the menses before the proper natural period, such as dancing, sea-sickness, &c. When the complaint happens in this way, it is, for the

most part, in too great a quantity, and apt to return and terminate in a weakness and relaxation of the vessels of the uterus, so as not to have sufficient tone to retain their blood; hence overflowing may arise from a relaxation of the vessels alone. At other times a great fulness or plethora of the system mechanically forces open the vessels of the uterus.

It is only when the other functions of the body are impeded that medical assistance is generally called for. Frequently a number of symptoms take place, such as a degree of giddiness, which generally precede the hemorrhoidal and menstrual fluxes, together with difficulty of breathing, sense of weight at the breast, and pain of the back and loins: an excessive discharge succeeding these, is easily distinguished by the patient becoming quite weak, the countenance pale and changed, the feet swelled, and a degree of weariness and pain on the least motion of them. All these arise from a want of blood, by which not only the body is affected, but also the stomach, from its sympathy with the uterus and the heart, so as to occasion indigestion, palpitation, fainting fits, and sometimes hysteria, which is connected with either a suppression, or too great a discharge.

The causes inducing this complaint are numerous.

rous. A fulness of the vessels of the uterus, and of the rest of the system is occasioned by a rich nourishing diet, and by indulging too much in the use of good fermented and strong liquors.— These also favour much the disposition to venery, which, by its irritation, never fails to produce a copious menstruation in certain habits. This circumstance is proved from the manner many women of fashion live, which is the cause why they so often lose their children by abortions. The flooding occasioned often in this case, lays the foundation of a permanent overflowing, by inducing an extreme degree of laxity in the vessels of the uterus. Whatever increases the action of the heart and arteries, or determines more blood upon the uterus, such as dancing, extraordinary exercise or exertions, cold applied to the feet, excess in venery, costiveness, or the passions of the mind, &c. occasion this disease. An immediate flow is also often the consequence of a debility of the whole body, improper digestion, and relaxation of the solids.

Cure.

We have observed, that the causes inducing this complaint act upon the uterus in two ways, viz. first, by the mechanical action of the vessels of the uterus, and secondly, from their not having the

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the power of retaining their blood; both of which require a different mode of cure.

In the first of these, avoiding the causes we have just now mentioned, the disease is often easily cured with the assistance of a proper regimen, and by avoiding whatever proves an irritation to the vessels of the uterus, particularly the passions of the mind, by keeping the patient cool in an horizontal posture, with the head low, and using a mild diet of milk, &c. In urgent cases, cold applications to the regions of the uterus may be used, and in some cases even blood-letting is found of service; but this cannot be attempted except when the attack is recent, and the person plethoric. As costiveness gives a degree of irritation to the vessels of the uterus, a cooling purge of half an ounce of soluble tartar may be taken occasionally. Opiates also may in many cases be used with success, as they diminish the irritable state of the uterus. A draught of thirty drops of laudanum is often attended with good effects.

When the complaint has, however, subsided for some time, and there is reason to believe that the discharge is occasioned by a weakness or laxity of the vessels of the uterus, beef-tea, wine, and bark ought to be taken in such quantities as the stomach can bear. In this state also, astringent

gent solutions of alum, oak bark, logwood, Japan earth, gum, kino, &c. have been used with success. Common alum whey is made by adding one drachm of the alum to two pounds of milk, and answers all the good effects of astringents: when more powerful ones are, however, necessary, one ounce of the astringent mixture * may be taken every second or third hour occasionally. In very alarming and violent cases, pressure with the hand on the lower part of the belly and region of the uterus often prevents the flooding, for some time at least, until the patient can take in some nourishment. During the intervals of menstruation, chalybeate waters, from their tonic effects, may be attended with advantage, particularly when they are accompanied by gentle exercise.

Of the Fluor Albus or Whites.

THIS is the watery part of the blood, which is secreted in the same way as the menses, and is, for the most part, the effect of the overflowing, or at least a modification of it. Some women, however, have this discharge who never had an overflowing. It is sometimes so much vitiated as to prove hurtful to the uterus, and render it in-

* See *Formulae* at the end.

capable of pregnancy, and often from the colour and fymptoms can fcarcely be diftinguifhed from a venereal complaint. The character of the female will, however, generally decide this point.

The diet in this complaint ought to be folid animal food. A glafs of wine and fome bark ought alfo to be taken occasionally. The alum whey we have already mentioned is alfo of confiderable fervice. Lime-water, in many cafes, removes them, and may be taken for common drink.

Of the Interruption of the Menfes.

IN our climate we find great variation as to the time the menfes make their appearance: in many cafes they are protracted until the fixteenth and eighteenth year, and in a few as far as the twentieth. The retention of the menfes, therefore, can only be regarded as a difeafe when a number of fymptoms accompany it, which, in the courfe of time, may deftroy the conftitution, as there are inftances of a few women who enjoyed good health, who never had their menfes.

From the fympathy of the uterus with the reft of the body, particularly the ftomach, indigeftion and a weaknefs of the whole body is induced, fo that palenefs and a yellow colour is occafioned, which indicate a breach of the conftitution; for
about

about the time that girls begin to menstruate an increase of beauty and liveliness takes place.— The debility of the system brings on a difficulty of breathing, palpitation of the heart, and fainting; and the relaxation of the body, often a tendency to dropfy: the retention of the menstrual blood brings on a head-ach and dizziness, and the congestion of it about the uterus, a pain of the back and loins. The causes of these symptoms may arise from a weak state of the uterus itself, or from a want of sufficient quantity of blood in the system.

From a variety of causes the menfes, after having appeared, are often totally obstructed, or they are more scanty than usual. Such cases are the most common, and merit the utmost attention, as they are often connected with pregnancy, and may lead to dangerous mistakes; or they are symptoms of other diseases, which must be removed before a cure or return of the menfes can be expected. The causes of this suppression are numerous. A want of accumulation of blood in the vessels of the uterus, or in those of the system in general, arising from too spare a diet, or excessive evacuations of blood. Cold applied to the lower extremities, passions of the mind, particularly anger, fear, and grief, inducing a constriction on the vessels of the uterus, a debility
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of the whole body, induced by other difeafes, fo as to render the veffels of the uterus fo weak as not to have ftrength to propel the blood through them.

Cure.

The caufes inducing this complaint are to be avoided, or their effects prevented as much as poffible. When the fymptoms already enumerated take place, and the patient has never had her menfes, exercife, wine, bark, and fuch tonics as ftrengthen the body in general, will have an effect upon the uterus alfo. Cold bathing being a powerful tonic, is of fervice, but muft be ufed with caution by very weak people. When fuppreffion of the menfes is occafioned by a want of blood in the fyftem, a nourifhing diet, cordials, and fuch exercife as will ftrengthen the patient is neceffary. Young women often after their firft menftruation have their menfes abfent for fome time. Such cafes are feldom dangerous.

Cold applied to the lower extremities affects powerfully the moft healthy women, and brings on an obftruction of the menfes. In this cafe, warm fomentations to the region of the uterus, are proper. Generally a degree of coftivenefs attends the fuppreffion of the menfes, which may be

be removed by taking two aloetic pills * occasionally: the operation of these extend to the uterus, and of all other remedies in this case they appear to us the best.

The passions of the mind should be particularly guarded against, as their operation upon the uterus is very similar to that of cold; besides, they debilitate the whole frame. Many females, from their not obtaining the object of their wishes, have lingered a miserable life, and have been brought at last to an early grave, from an unfortunate delicacy, or false modesty in concealing from their friends and parents the real cause of their complaint. The austere and unkind conduct of many parents often betray to children a want of feeling, and makes them rather put up with any hardships than discover their case. By marriage many women, much reduced from obstructed menstruation, have become excellent mothers.

Women of a plethoric or full habit, upon a suppression of their menses are sometimes affected with febrile inflammatory symptoms: in such cases blood-letting is the only remedy to be depended upon. The chief cause of obstructed menstruation is a weakness of the whole body:

* See *Formula* at the end.

this is to be removed by exercise, chalybeate waters, nourishing diet, &c. A great list of medicines might be here mentioned generally recommended in this complaint; but as most of them seem to us inefficacious, or at least their properties to depend on their stimulant effects, we pass them over. Electricity, when applied to the region of the uterus, is often attended with good effects: sometimes during the application of it the menses come on.

Although the menses are deficient, there is generally, at the stated periods, an attempt of Nature to relieve herself. At this period the remedies we have already recommended are used with the greatest success. Astringent food at this time, cold applied to the feet, and the passions of the mind ought to be particularly guarded against, as the body is then more irritable, and more easily acted upon by the occasional causes. At this time a dose of thirty drops of laudanum, and the warm bath, are attended with the best effects.

Of Hysteria.

WE have observed hysteria to be connected with the complaints just now treated of. It is entirely a nervous affection, arising from a long continuance of these complaints, and is generally
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a disorder of the imagination, occasioned by some whimsical cause. Hysterical patients are liable to fits of laughing and crying, perhaps depending upon some natural consideration, which is often so frivolous and delicate, that they are ashamed to confess the cause.

This nervous disease seems to be entirely confined to the female sex, and more particularly those who are accustomed to too much indulgence, which induces a weakness of body and mind. It is owing to this cause many girls get into hysteric fits very early in life. Hysteria rarely takes place after the menses have ceased altogether; for this affection generally occurs about the menstrual periods, either two or three days before or after them, when slight emotions of the mind, &c. bring on a fit, from the constitution being at that time more irritable. Debility, without plethora or fulness, produces this disease: but a plethoric habit is oftener connected with it, it being always the most irritable. Barren women also are more liable to hysteria, particularly those who live in a state of celibacy after being once married. There are many women very hysterical, entirely freed from their complaint by getting married. It is highly probable that something wrong about the menses is the cause of this affection, as a fit of hysteria has
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been

been often observed to succeed a suppression of no more than a few hours standing, while in others it did not take place for months.

The symptoms of hysteria are strong spasmodic and convulsive motions of the body, a degree of sleep, a fainting, sometimes to such a degree as to resemble epilepsy: the pulse is quick, the navel is retracted, the urine is either entirely stopped, or it is discharged clear like pure water. Sometimes the sense of a ball rolling through the bowels, and stopping in the top of the gullet, is felt.

Cure.

This disease is often curable by medical assistance, although it sometimes baffles the skill of the Physician, particularly where it is riveted by habit in the constitution. Hysteria is for the most part connected with plethora, or fulness, which is said to be the cause of it. Sometimes, however, it depends on exhaustion of blood: bleeding, therefore, in every case, is a precarious remedy, as it predisposes to fulness. Hysterical patients should never be put into hospitals, as the disease is always aggravated by confinement.

Preventing a fit is of the utmost importance in breaking the habit of the disease. Strong impressions on the mind act very powerfully in stopping

ping it, when used immediately before its accession. In attempting this, however, the greatest caution is necessary, as it has a chance of rendering the patient worse. The tendency and propensity to it should be resisted by a firm resolution of the patient herself. To assist her the best and most effectual remedy seems to be one dram of vitriolic æther to two ounces of water, to which may be added forty drops of laudanum, which ought to be taken a few minutes previous to the fit, if the patient has warning of its approach. The predisposing causes of this disease may be obviated by abridging the diet, rather than using blood-letting, which should only be attempted in urgent cases. Exercise also prevents plethora, and when used in cool fresh air, braces the solids, and makes the system less irritable. Keeping the mind engaged by different pursuits is of the greatest consequence in the cure.

S E C T. VII.

Evacuations.

Discharges of Blood.

BLOOD may be discharged from the lungs by ulceration or wounds, or from a fulness of the vessels mechanically bursting them. When it comes from this organ it is distinguished by the florid red and frothy appearance of it. Delicate people, particularly those of the sanguine temperament, as they are most disposed to fulness; and females from obstructed menstruation are more liable to it. The quantity that takes place is sometimes so considerable as to prove fatal.

Bleeding at the nose is, for the most part, a symptom of a determination of blood towards the head. Frequently a very small quantity relieves the person affected of some other complaint. It is seldom so considerable as to prove fatal, and is frequent in warm climates, where it generally takes place in advanced life, and most commonly attacks the male sex.

Discharges of blood from the stomach also sometimes happen from a retention of the menses, violent straining by vomiting, sea-sickness, &c. occasioning a rupture of the vessels. When it comes

comes from this organ it is distinguished by the brownish colour of it. Sometimes it is discharged by stool, and is black, from its undergoing the digesting process.

Blood is also discharged along with the urine, and is by many Physicians thought a constitutional disease, particularly those who consider discharges of blood a salutary effort. Acrid substances taken with our food, stones with sharp edges sticking in and wounding the urinary passages, a tender state of the vessels of the kidneys, and a putrid thin state of the blood, are the most common causes of this complaint.

A discharge of blood from piles also often occurs, which are the veins about the anus enlarged by their being distended with blood, the return of which to the heart is prevented by co-tiveness, or irritating substances applied to the anus occasioning a weakness of the part. It is supposed by many to be a discharge of Nature, and that nothing ought to be done to remove it.

Cure.

Many discharges of blood becoming habitual to the body, are attended with considerable danger upon their being suddenly stopped: we should therefore rather advise our readers to remove the diseased *cause* inducing this habit, which for the

most part is plethora, by a diligent use of such means as are found to obviate it. The remedies recommended for this purpose remove the debility of the system, such as Peruvian bark, cold bathing, &c. The quantity of food taken by the patient ought also to be abridged, and less nutritious substituted in its place. Milk, with this intention, is preferable to animal food. Exercise increases the secretion by the lungs and skin, and is very powerful in preventing plethora.

When a vessel of the lungs is ruptured and a great quantity of blood thrown out, we should always attempt to prevent it by using astringent remedies, particularly the alum whey*, or as much of the elixir of vitriol as will make the drink agreeable; and a table spoonful of the astringent mixture†, or of the nitrous julep†, every hour occasionally. Blood-letting, though of a weakening nature, does not so much hurt the patient as a spontaneous discharge: it often relieves further excessive discharges, by diminishing the action of the vessels; avoiding, at the same time, external heat, noise, passions of the mind, and speaking, is of the utmost importance. Blisters also applied to the breast are of service,

* See page 123.

† See *Formulae* at the end.

When

When the patient is much reduced by the discharge, the mildest but most nourishing articles ought to be used, such as infusions of animal food, &c.

When from the piles an excessive discharge takes place, a decoction of oak bark is to be applied, when cold, to the anus. Bathing the anus also in cold water is of considerable service.—Costiveness is to be avoided by using some gentle laxatives. Cloths dipt in cold water and applied round the neck, often prevent bleeding at the nose; also a pledget of linen, wet with a solution of alum, applied to the nostrils, or inserting lint into them, may have some effect.

Of the Dysentery or Bloody Flux.

By the loss of strength, frequent stools, which are for the most part mucus mixed with blood, and pain of the intestines, this disease may be easily distinguished from common diarrhœa or looseness. Very often hard fatty balls or lumps are discharged with the fœces, which are extremely fœtid. The irritation occasioned by these is the cause of the gripes and spasmodic contraction of the intestines.

As this disease arises for the most part from putrid animal effluvia, it is often contagious. It is evident, however, that there is a disposition in

human effluvia to generate this disease, independent of contagion. It is from this circumstance the disease proves so fatal to the African slaves, notwithstanding all the assistance that can be given them on ship board.

Cure.

Physicians in general were accustomed to use astringents for this complaint, until Sir John Pringle adopted a more successful method. The hardened balls of fœces, we have already taken notice of, prove an irritation to the intestine, and should be therefore removed as soon as possible by strong purgatives. From five to ten grains of calomel may be used, or six drachms or an ounce of castor oil, with a little brandy or rum. The operation of these are quick, and soon over, and they remove the acrid matter that hurts the intestine. Mutton-broth or fat beef-tea is often taken with advantage in this case. Mild injections may be also used to remove the hardened fœces; adding fifty or sixty drops of laudanum relieves the pain and irritation they occasion, and is, on that account, proper. Fomentations to the abdomen ease the sufferings of the patient, and are therefore serviceable. The acrid matter in the intestine may be diluted, by using linseed-tea, water-gruel, or a decoction of marshmallows.

Such

Such substances, although they have not any considerable healing power, defend the surface of the intestine. Milk is an improper diet in this disease, as it is supposed to favour the increase of hard balls. Whey, however, is one of the best drinks, and may be always used.

Military Surgeons find the acid of fruit serviceable in this disease, particularly in putrid cases; and the Peruvian bark, in obstinate ones, especially when the disease is nearly removed, and there is a state of weakness in the bowels. Sometimes, in inflammatory cases, they find blood-letting of service: this, however, we do not recommend, as there is always danger attending it in diseases of a putrid tendency.

Of Diarrhæa or Looseness.

THIS disease is often confounded by ignorant people with dysentery, as the one sometimes passes insensibly into the other. The great discharge of mucus and griping pains is much more in dysentery, which is also contagious. Sometimes, however, this disease attacks many at the same time, but it is for the most part a symptom of other complaints that increase the motion of the intestines; even the passion of anger has this effect. In cases of teething also, an increase of saliva takes place, which, vitiating on the stomach,

mach, affects the bowels. Cold, by determining a great proportion of the blood upon the internal parts, increases their irritability, and in this way occasions a diarrhœa. A surfeit of certain articles of food, particularly those consisting of sugar, rancid oil and fish and other putrid substances, have this effect also. A diarrhœa is also an attendant of consumptions, ulcers of the stomach, worms, slow recovery from fevers, &c.

Cure.

When a diarrhœa is a symptom of other diseases, such as small-pox, measles, &c. it may be improper to obviate it; but when it is to such a degree as to weaken the patient too much, we ought to remove it as soon as possible. If it is the consequence of consumption or the passions of the mind, using a draught of thirty drops of laudanum at bed time, and keeping the patient easy is of the utmost importance. When it is occasioned by acidity, as in cases of teething, a little magnesia* is to be taken occasionally.— When it arises from acrid matter generated in the bowels by putrid substances, it is to be treated as already recommended for dysentery †, or it is to be removed by a brisk purge. Diarrhœa occa-

* See page 111.

† See page 79.

sioned by cold, not only affects the bowels, but also the stomach. The use of ten grains of Dover's powders, as already recommended for rheumatism*, occasionally, until a gentle sweat breaks out, and afterwards warm cloathing with flannel, often removes the complaint in this case better than any other remedies.

Astringents have been generally recommended in this complaint, and the only objection against them is that they are inefficacious. This seems to proceed from their possessing a degree of acrimony. A table spoonful of the Japonic mixture† every hour, appears to us the best. A few drops of laudanum may be occasionally added to it, according to the violence of the symptoms. In cases of diarrhœa from cold, passions of the mind, or irregularities in diet, a draught of forty drops of laudanum, or an opium pill of two grains, will generally remove it.

Of the Cholera or Excessive Discharge of Bile.

IN this disease there appears to be an extraordinary quantity of bile secreted, which is discharged both by stool and vomiting, and occa-

* See page 79.

† See Formula at the end.

fions such powerful irritation as to bring on spasms and convulsions of the bowels and extremities. The weakness induced by this evacuation is sometimes so great as to prove fatal in twenty-four hours. It is easily distinguished by the yellow, black, or green colour of the stools, by the pains and gripes being similar to cholic, by the cold sweat on the extremities, fainting fits, and the causes, which generally are acrid food not agreeing with the stomach, strong purgatives, violent sea sickness, passions of the mind, and sometimes the state of the weather*.

The acrid matter in this disease is to be removed by a dilution, in the same manner as recommended for dysentery†. The liquors used for this purpose should be of the most nutritious nature, such as beef-tea or chicken-broth. An opiate also of twenty-five drops of laudanum occasionally, is of service, particularly when the acrimony is removed. Towards the latter end of the complaint bark may be used with propriety.

* It is remarkable that after the hot and dry Summer 1779, this disease was observed to be very prevalent in Britain.

† See page 136.

SECT.

S E C T. VIII.

Of Tainted Habits.

Of Scurvy.

BOTH the sea and land scurvy evidently depend upon a vitiated state of the fluids, induced by improper aliment, and are more or less violent in proportion to the putrid state of the system. A long continued use of solid animal food, kept till putrid, destroys the proper juice of the stomach, the only check upon the fluids to prevent their running into putrefaction, and thus occasions sea scurvy. Whatever debilitates the body, or obstructs perspiration, such as passions of the mind, also occasions this disease.—Persons who have an hereditary taint are more liable to be affected with it; also upon their neglecting cleanliness and proper exercise.

The symptoms of this disease are a spongy state of the gums, blue, red, or black spots on the extremities, rotten teeth, bad breath, ulcers with brown proud flesh arising out of them, which sometimes discharge blood, and pale consumptive countenance, often attended with a diarrhoea or dysentery.

Cure.

Cure.

Those remedies termed *antiseptics*, or such as resist the putrefactive process, are the most successful in the cure of this disease. All liquors containing a portion of acid and sugar in their composition, have the most remarkable effects in the cure. The good quality of oranges, lemons, cyder, and malt liquors, particularly in the form of wort, answering this intention, have been recommended in the navy. A vegetable diet, as it partakes more or less of this property, is also serviceable: by these alone, when duly persisted in, a cure can be effected in every case of scurvy, and by these alone all the effects of the numerous medicines recommended in this disease may be obtained.

Of the Jaundice.

THIS disease is easily distinguished by the yellow colour over all the body, from the bile being mixed with the blood, by the weakness of the body, difficulty of breathing, nausea, reaching, and all the other affections of the stomach; white stools, with little or no fœtor, yellow urine, &c. The cause of these symptoms arises from the obstruction of the passage carrying bile into the intestine,

testine, by stones sticking in the ducts, inflammation of them, or passions of the mind occasioning spasmodic constriction of them, or too long riding, inflammation of the liver extending to the gall-bladder, intermittent fevers, &c.

To cure this complaint many empirical remedies have been recommended, which deserve not our attention. Whatever powerfully agitates the ducts, such as strong vomits, or purgatives, may remove a stone if it stops in them. If the pain is considerable, blood-letting may be used. The diet in every case ought to be light and easy of digestion, such as chicken-broth, whey, &c. To supply the office of bile, bitters are generally used with propriety. An ounce of the bitter infusion* may be taken every six hours, occasionally. The passions are to be soothed, and the mind engaged in some cheerful amusement. Keeping the body gently open by cooling laxatives, such as crystals of tartar, and moderate exercise, are of the utmost importance.

* See *Formula* at the end.

Of the Scrophula or King's Evil.

THOSE who have this hereditary taint are generally of the sanguine temperament. They have fair complexions, red cheeks, delicate skin, and blue eyes. This disease occurs more frequently in those of weak and relaxed solids, and is distinguished by the swelling of the upper lip and glands about the neck. Swellings in other parts of the body also occur, which break, and sometimes discharge a thick curdly matter, while at other times it is only a thin, acrid, and watery humour.

No medicine has been as yet discovered capable of removing this complaint. Persons, therefore, labouring under it, must trust to a good nourishing and wholesome diet: they should also cautiously avoid cold and cough, and any sedentary employment that may affect the lungs. The suppuration of the tumours is never adviseable; solutions of sugar of lead in water applied to them is therefore proper to discuss them. Whatever weakens the body should be anxiously guarded against, and sea bathing used in the Summer season.

Of

Of Consumption.

To give an account of the many causes inducing this disease, would far exceed the bounds of our essay; we shall therefore confine ourselves to the treatment of consumptive patients in general, and to the best means for alleviating some of those symptoms that most commonly occur when the disease is formed.

In the incipient or first stage of this complaint a dry short cough takes place: a person once to hear it, can seldom mistake it again. A wasting of every part of the body, and hectic fever, probably occasioned by a collection of matter formed in the lungs, ensue. Frequently also this matter is discharged by the mouth, and is streaked with blood; the fœtor attending it is often intolerable. To distinguish whether this matter is pus or mucus the patient may spit in a glass of water—if it is mucus it swims on the water, but if pus it sinks to the bottom of the glass.

The hectic is an habitual permanent fever, recurring generally after four in the afternoon.—The accession of it is very similar to a fit of the ague, and is preceded by cold shivering, and chattering of the teeth. Very often the coldness

of the bed-linen aggravates it very much: the pulse is remarkably increased until a sweating takes place, which is more or less considerable in different constitutions. This sweat occasions such debility and wasting, particularly of the fat, that the bones often protrude through the skin. The appetite for food is not impaired, and there is no thirst, from the secretions going on in the usual way. The extraordinary cleanness of the mouth in the advanced stage of this disease is a symptom of approaching aphthæ or thrush, which sometimes occurs a few days before death. In this fever also a degree of costiveness takes place, which ought not to be attempted to be removed, as very often the most gentle laxatives bring on a permanent diarrhœa, which is one of the most fatal symptoms. Sometimes this occurs four months before the patient dies, while at other times only three or four weeks. From the patient's not being able to bear proper exercise, the blood is not returned to the heart with the same expedition as formerly; hence swelling of the feet is occasioned. It is surprising how consumptive patients keep up their spirits and live in hope until the last: this makes it not so painful to their friends to see them. A dimness of sight sometimes comes on before death, while at other times all the faculties are entire until the last moments. A delirium evidently

evidently shows the sufferings of the patient are at an end.

The vulgar opinion is, that this disease is contagious: although it may be hereditary, we have no proof of its being infectious. The circumstance of friends sometimes getting it may be accounted for from the fatigue, cold, and want of rest when attending their consumptive acquaintances. We do not, however, advise young healthy persons to lie with those consumptive.

Most women think this disease is occasioned by a suppression of the menses. This is oftener rather the effect than the cause, as the menses gradually fail in many consumptive patients.—Suppression, however, sometimes may occasion a spitting of blood, and thus predispose to the complaint.

Cure.

When we are sure this disease is fully formed, we need only promise ourselves one complete cure out of every fifty cases. Many are relieved from time to time, but for the most part they relapse. By continuing, however, the means that give a palliation, a cure may be sometimes obtained, particularly by removing, during the cold season of the year, into warmer climates, and by using such means as give most relief. Many women

are much relieved by pregnancy; but as soon as this is over, the disease returns. We should advise such to suckle their own children, as it may determine the blood from the lungs. Delicate women, by being too often pregnant, fall into consumption from their constitution being broken.

Italy, the southern parts of France, and the Island of Minorca are the climates generally recommended for consumptive patients: the Winter cold is sometimes extreme in the former, and the Levant winds are too heavy on the latter. Madeira or Bermudas, we think, therefore, the most proper situations. We cannot approve of the West Indies, as the temperature of it favours the hectic and sweating too much. The most proper time for patients to go to those benign countries, where they expect to be cured, is the month of September. They whose circumstances in life will not admit of this, ought to keep their rooms warm in the Winter season, to keep their feet dry, and always to wear flannel or cotton next their skin.

We cannot but notice the use of mineral and salt waters, the good effects of which we distrust very much, as nine out of every ten patients who use them are hurt by them: the purging they occasion is always hurtful to consumptive patients.

Any

Any benefit, therefore, derived from such, must arise from the exercise and pure country air at this season of the year, which is most favourable to consumptive patients.

The exercise generally recommended in this disease is riding on horseback. Sydenham says, "it is as efficacious in curing this disease, as mercury is in the venereal." We think, however, exercise in carriages better, as the patient has more command of the weather. Taking a jaunt to any agreeable part of the country, &c. is often of service: sailing also is of some advantage: we cannot approve of long voyages, as generally recommended, the diet at sea being improper for consumptive patients.

From actual observation of many cases of consumptive patients we are led to disapprove of the common low diet generally recommended in this complaint; and we are happy this circumstance has been taken notice of by others*; therefore when the body is in an exhausted state, nourishing diet ought to be taken. Milk is a mild and nutritious matter, and may be always used for breakfast. The milk of all animals is nearly the same. By adding a little water-gruel and sugar to cow's milk, to prevent it from forming a

* See Dr. May's Essay on *Pulmonary Consumption*.

curd on the stomach, it answers all the good qualities of afs's and mare's milk, which is only recommended to please the credulous ; but very improperly, as it alarms the patient, who thinks sentence of death passed against him upon being enjoined it. The patient's dinner ought to be chicken-broth, beef-tea, and fruit ; as we are certain the acid of these do not occasion looseness so often as imagined ; besides it is cooling and nourishing.

The most distressing symptoms of this disease is the cough and diarrhœa : these are to be removed exactly as recommended for common cough, by using the mucilaginous decoction*, and by diluting the acrid matter, as recommended for diarrhœa†, using at the same time draughts of laudanum occasionally, as it is the only soothing medicine that can remove the misery of the patient ; when given too often, however, it weakens the stomach ; it should therefore be sometimes administered in the form of a clyster of a little starch or infusion of linseed. Many quack remedies are daily ushered upon the world for the cure of this disease ; these have every probability of doing harm, and no good ought to be expected from them.

* See *Formulae* at the end.

† See page 140.

Of Ulcers and Itch.

ULCERS are sores discharging matter from the body of various consistence and qualities, generally arising from a diseased habit, such as scurvy, scrophula, venereal disease, itch, &c. The immediate removal of these is often difficult and improper, particularly when they are of long standing, as they become an habitual drain, which if stopped, would prove highly hurtful to the system. To obviate this, an issue ought always to be formed in some other place more convenient for the purposes of life.

In the cure of all ulcers the formation of white or yellow thick matter on their surface is of the greatest consequence: with this view bark, taken in considerable quantities, is of great service, together with warm poultices applied to them.— When their edges are callous, or when proud flesh rises out of them, they ought to be touched with a little of a solution of blue Roman vitriol in water. Ulcers should be always covered from the air, and dressed with the mildest ointment.

Ulcers arising from scurvy, heal readily upon the disease being removed. Scrophulous ulcers heal with great difficulty: all applications to them

seem to do harm, they should therefore be only covered from the external air, and washed with a solution of one dram of sugar of lead to half an English pint of water. Venereal ulcers we shall take notice of when treating of that disease. Cancerous sores are to be covered from the air and poultices of hemlock and opium applied to them,

The Itch arises not only from infection, but also from too poor a diet, which vitiates the fluids; to effect a cure, therefore, a nourishing diet and cleanliness is absolutely necessary; the most proper applications to it are a solution of sugar of lead in water, as above recommended for scrophula, or an ounce of the weak spirit of vitriol to two English pints of water. This being the spirit of sulphur is very efficacious. Some prefer the sulphur itself, which may be mixed with hogs lard and the part anointed with it, but in whatever form it is made it is not so clean as the former.

Of Dropsy.

DROPSIES are occasioned by a relaxation of the solids, by which means a greater quantity of the fluids is separated from the blood in different parts

parts of the body than is necessary to their nourishment. When the liquor thus effused is in too great a quantity, a swelling of the part is occasioned, which retains the impresson of the finger when touched, the urine is much diminished and the thirst increased. When a quantity of fluid is secreted in the cavity of the belly, difficulty of breathing and cough are occasioned, when the patient is in an horizontal posture, from the pressure of the water on the lungs.

The causes of a dropsy of the belly may be a diseased liver preventing the return of the blood into the heart. Tumours and the pregnant state, by their pressure, have often this effect also. The fat in very corpulent people compresses the veins and renders the motion of the blood languid in them; this is the reason why indolent dispositions are so often connected with this disease. The effects of intoxicating liquors are a relaxation of the solids. Spirits may also affect the liver, and in this manner be a cause. Drinking considerable quantities of warm watery liquors, as tea, coffee, and sudden evacuations of blood, dampness, moisture, intermittents, &c. by their effects upon the solids, occasion this disease.

Sometimes the water is only effused under the skin, and is occasioned by the same cause that induces

induces dropsy of the belly. In this case it frequently affects the genitals, and always at night the feet are swelled if the patient is out of bed. This kind of dropsy is the most favourable, but still is attended with danger, particularly if the patient is above forty years of age, as it implies a weakness of the body and a breach of the constitution.

Cure.

The most successful method, as yet discovered, for removing dropsies is by strong purgatives. Crystals of tartar, when taken to the quantity of two ounces, have been found to answer this intention, not only by their purgative quality, but also by increasing the urine. The great quantity of water taken along with them often increase the action of the kidneys, and in this manner effects a cure. Several remedies of this kind termed *Diuretics* have been recommended also in this disease, the best of which appears to us to be the dried squill in doses of one grain. It ought to be taken early in the morning and repeated at the interval of every two hours till dinner, after which the patient is to desist for the day. He should walk a little, if possible, to assist the operation of the squill, and take every second night a dose

a dose of five grains of calomel and two scruples of jalap powder. In no disease is a good diet, wine, and bark, of greater consequence than in this. Exercise of any kind the patient is able to bear promotes the flow of urine, and the general health, strength, and vigour of the system. If these remedies have no effect, and the water is confined in the belly, we advise it to be drawn off by a surgical operation, the success of which is always greater the earlier it is performed.

Of the Venereal Disease.

WHEN we consider how many pretend to some nostrum or antidote for the cure of this disease, and the many volumes that have appeared on the subject, we are naturally led to be surprised that it has not long before now been entirely extirpated from mankind. Our limits, at present, will not permit us to enter upon a discussion when this disease came to Europe, or whether there are two different kinds of it. We shall consider the disease as depending on one kind of poison applied to different parts, operating on them in various ways, and arising from contact with diseased persons. This, we apprehend, will
contain

contain all the useful and practical knowledge requisite.

Gonorrhœa or *Clap* is occasioned by the poison getting into the urinary passages, which are covered with slime or mucus to defend them against the acrimony of the urine. The quantity of this mucus is increased by an irritating cause, but particularly by the venereal virus, and this occasions a running generally in the course of three or four and sometimes twenty days after the application of it. At last the part becomes raw, painful, and seemingly hot on making water, which is evacuated more frequent than common. The matter discharged is generally yellow, but as the disease is removed it turns whitish and of a ropy consistence, and thus constitutes what has been termed a *Gleet*, which is a modification or continuance of the former running. When the pain is violent an involuntary erection of the penis, or *chordee*, takes place.

Chancres are occasioned when the venereal poison is applied to any external part of the organs of generation, either by cohabiting with diseased persons or from inattention to cleanliness, by allowing the matter discharged by a *clap* to lie on the surface of the parts. They are first distinguished by an itching and small red pimples,

pimples, which, in a short time, are converted to little deep fores. These sometimes occasion such a degree of swelling of the skin covering the nut of the penis as to prevent its being drawn over, and thus brings on what is termed a *Phymosis* and *Paraphymosis*. When these fores subsist for any time the matter formed by them is taken up by the lymphatics.

Buboes are formed as soon as the poison, by means of the lymphatics, arrives at the groin; they are easily distinguished by the swelling, and by their being for the most part the consequence of chancres. Sometimes, however, when the pain of a clap is considerable, a swelling of the groin takes place, but it seldom suppurates, and generally goes off in a few days. Whereas the swelling arising from a chancre, if no means is taken to prevent it, breaks and suppurates and a large quantity of matter being thus formed poisons the whole system.

Lues or *Pox* is occasioned when the whole mass of fluids are affected, and is distinguished by a number of copper coloured spots over all the body, by the excruciating pain of the patient when warm in bed, by the hard lumps and ulcers on the middle of the long bones of the extremities, and those of the palate, nose, &c. and
by

by the buboes formed about the neck and arm-pits.

Cure.

As mankind in general are fond of preventatives against this disease, and since it is fashionable for many Physicians to pretend to possess them, we will venture to recommend one, which we are confidently assured will seldom or never fail. This is attentive cleanliness, by carefully washing the parts with cold water immediately after coition with a diseased person. Unfortunately this expedient being too simple, not only militates against it, but those that require it are, from intoxication, too often incapable of using it. When the disease therefore takes place we shall observe the most approved, and what seems to us the best mode of cure in each stage.

In most of claps the running spontaneously ceases without the aid of medicine. The principal circumstance therefore to be attended to is the allaying of the pain, inflammation, and rawness of the parts. This is executed by abstaining from spirituous liquors, by using a cooling diet, and a purge of one ounce of crystals of tartar if costiveness takes place. Astringent injections are frequently made use of, not only to mitigate the

the inflammation, but also to ease the mind of the patient. These, when improperly used, are attended with danger, as they occasion an inflammation of the testicle, by carrying the poison up too far. It should always be remembered that they have more effect in fortifying the part against the poison than in washing it out. They should, therefore, never be allowed to enter farther than the pained part, which is seldom above an inch. A solution of sugar of lead in water seems to us the best and safest; it is to be made so strong as to smart the part a little. The patient may begin with a drachm in eight ounces of water.

The only remedy we place our chief dependence on in this stage of the complaint is drinking plentifully of diluent liquors. Linseed tea, barley water, or whey, ought to be drank to the amount of an English gallon at least every day. The great evacuation of urine this occasions is the surest method of washing out the poison, and it renders the urine milder. Frequently when the pain is violent patients fly to the use of mercury, which has not the least effect in this stage of the complaint, and which is a remedy not at all to be tampered with. We should recommend to such an opium pill of two grains, morning and evening, and a draught of thirty drops

drops of laudanum at bed-time. When inflammation of the testicle, or neck of the bladder, is occasioned by the drying up of a clap, warm poultices are to be applied to the penis, to favour a return of the running. We have observed a clap may terminate in a gleet, which is evidently owing to a weakness, or relaxation of the part; in such a case, red port wine, bark, cold bathing, and a nourishing diet, is of the utmost consequence.

The safest, most expeditious, and certain method of curing chancres, if they are recent, is burning them out with caustic, which removes the disease without mercury. When buboes, however, exist, it is indispensable. The swelling they occasion when on the skin of the penis is to be removed by the application of leeches and cold poultices of sugar of lead, water, and bread, to the part, and supporting the penis by a proper bandage. Chancres should always be kept clean, and covered from the air by a pledget of lint, spread over with a little mercurial ointment.

A bubo is to be treated exactly as recommended for inflammations in general; if it has a tendency to discuss, it should be always first encouraged by the application of a number of leeches to it, by using a cooling low diet, by abstaining

abstaining from walking, by washing it with astringent solutions of oak bark, or sugar of lead, by keeping it cool, and by a diligent application of mercury, in the way of friction, to the inside of the thigh of the afflicted side. Chancres should always be healed before we attempt to cure a bubo. When the discussion becomes impossible warm poultices with oil are to be applied to the part, and, as soon as matter is formed, a small opening made to allow it to escape. The ulcer thus formed, from exposure to the air often becomes callous, and its edges require to be touched with a little caustic. To effect a compleat cure a course of mercury is necessary.

The pox, or lues, upon the symptoms already enumerated taking place, is to be removed by a continued course of mercury, which may be administered in the form of the common mercurial pill or ointment. These are the most simple, safe, and efficacious preparations of mercury, and seldom fail to remove the disease. Before, however, attempting mercury, we would advise the patient to have so much bodily strength as to bear its operation. He should always be allowed his ordinary diet, and a little wine if he is accustomed to it; to take gentle exercise, and, above all, to avoid cold damp air, as it throws

the mercury on the bowels, occasions its running off by stool, and sometimes brings on a troublesome diarrhœa. Nothing assists more the operation of mercury than a determination to the skin; in this way keeping in bed or using warm flannel is of the utmost importance; decoctions of Mezereon tree, &c. also have often, in the same manner, contributed to effect a cure. Mercury should be immediately discontinued for a day or two when it affects the mouth powerfully, or when it occasions purging; adding, in this case, a grain of opium to the common mercurial pill, is of service. If costiveness is occasioned by the mercury, the common laxative mercurial pill may be used.

S E C T.

S E C T. IX.

Nervous Affections.

Of Epilepsy or Falling Sickness.

A Fit of Epilepsy often comes on very sudden, and without any warning. Sometimes, however, the patient describes something green passing before his eyes, noise in his ears, and violent beating of the heart. Soon after these he falls down quite insensible and foams at the mouth, particularly if convulsive motions take place. The pulse and respiration is irregular, and the fingers clinched during the fit, but as the patient recovers they come to the natural state. This nervous affection, by long standing, is rivetted in the constitution, hence the difficulty of removing it from those advanced in life. Its causes are either certain substances irritating the brain, such as tumours or extraneous bodies pressing upon it, or the passions, by determining more blood to the head; or it may arise from sympathy, by the irritation of teething, worms, stones in the bladder, acidity of the stomach, or venery; as the greatest irritability of mind exists in this disease.

Cure.

It has been already observed, that the weaker the body the more irritable it is. Hence from the high degree of it in this complaint, we easily perceive it to depend upon a debility of the system, and more particularly as it is for the most part attended with plethora, which indicates a laxity of the solids. The principal indication in the cure, therefore, ought always to be the bracing of the solids and to obviate plethora. Many tonic remedies have been recommended as having this effect, the principal of which are of the mineral kind. Two grains of the flowers of zinc, or white vitriol, may be made into a pill with a little of the extract of bark, and taken morning and evening; but it must be remembered when plethora is present these do harm, it is therefore to be removed as already recommended*. Blood-letting although not answering this intention is found of service sometimes in this disease. Musk has been much extolled in epilepsy; from experience, however, we cannot hesitate to pronounce it an insignificant and expensive drug. Wild valerian root is in some cases found to be of service. It may be taken in form of powder, or tea, in such quantities as the stomach can bear.

* See page 134.

When

When the complaint arises from tumours or inorganic faults, the case may be looked upon as incurable; but when it arises merely from irritation, such as teething, worms, &c. a cure can only be expected by a removal of the cause. To prevent the accession of fits the case is to be treated exactly as recommended for hysteria*.

Of Apoplexy.

THE appearance of a fit of apoplexy is very similar to that of a person dead drunk. Patients have been often treated as such when in a state of debauch. Sometimes, however, a fit of apoplexy comes on during a fit of intoxication. Both the serous and sanguine kind are easily distinguished from a fainting fit by the pulse and breathing being regular, and by its attacking those advanced in life. It generally is the consequence of debauchery, passions of the mind, &c. occasioning an increased determination of blood towards the head, and is easily distinguished by the red colour of the face, giddiness, dimness of sight, &c. or whatever prevents the return of blood from the head, such as tight neckcloths, long stooping, irritating substances, tumours, effusions of fluids

* See page 131.

pressing on the brain, as in cases of dropfical patients who sometimes die suddenly apoplectic; a rupture of a blood vessel in the head, from too great a fulness, occasioned by a nourishing and rich diet, or the stopping of any accustomed evacuation. The fumes of metallic substances, charcoal, lightening, &c. also occasion apoplexy.

Cure.

This is one of the most dangerous affections to which the human body is liable. The attacks are often so sudden and violent as to require the most speedy application of remedies. These ought to be such as empty the vessels of the head. Bleeding the jugular veins and applying leeches or cupping to the temples are of the utmost importance. The erect posture by its mechanical action is exceeding proper. Blisters applied to the shoulders at the same time are of service. Injections of oil, common salt, and water gruel are to be used until the patient is able to swallow.

To prevent returns of this affection plethora is to be obviated by using a proper diet and gentle exercise, as already recommended. Whatever increases the circulation ought however to be avoided, and the passions of the mind guarded against. There is a greater chance of recovery in those far advanced in life than in young

young and very full persons. Patients are often morose and lose a great part of their memory after attacks of it.

Of Palsy.

WHEN the powers of voluntary motion is diminished in any part of the body it is said to be paralytic. This imperfection may be confined to one side. There are several kinds of palsy arising from different causes, the worst of which is when the part becomes cold, deprived of sensibility, and gets the name of *dead palsy*. This affection is often the consequence of apoplexy: it is attended with many of the same symptoms and requires the same mode of treatment; but in many cases it can be prevented by attending to some of its preceding symptoms, which are at first a slight degree of numbness and dizziness. Palsy is often the consequence of injudicious administration of mercury.

Cure.

The same remedies recommended for apoplexy are proper for this disease, except when it arises from rather a want of blood than plethora, from the fumes of metals or mercury; in this state

blood-letting is improper. A nourishing diet, in these cases, is proper, together with stimulants applied to the part. Many have been recommended with this intention, but the best that appears to us is the spirit of turpentine rubbed on the part; besides the heat of this substance the friction has considerable effect, hence the usefulness of the flesh brush. Plaisters of mustard seed to the part is frequently of service, and sometimes blistering plaisters, but the latter ought to be used with caution as the part is very apt to mortify. When a stiffness of a joint is occasioned, fomenting it with warm water has some effect.

Cold occasions palsy, particularly in those who have had already a stroke of it. Cold bathing, however, often removes the disease when it arises from rheumatism. Although electricity be a powerful stimulus and pervades the whole muscular fibres, it is seldom efficacious in this disease. When it is applied it should be in form of sparks, as the shocks may irrecoverably benumb the part. The most nourishing diet, joined with cordials, good wine, and such exercise as the patient is able to bear, is of the utmost importance.

Of Dyspepsia or Indigestion.

YOUNG persons of sanguine temperaments have a different disposition of mind from elderly people when affected with dyspepsia. The *hypochondriacis*, or *vapours*, and *hysteria* depend upon a peculiar state of mind, so that in many cases these are different modifications of dyspepsia, which is for the most part a symptom of other diseases. There is generally attending it a degree of costiveness which at times alternates with a looseness; a disordered state of the stomach from acidity, which brings on heartburn, eructations, degree of pain, and sometimes violent vomiting, head-ach, paleness, and a tendency to dropsy.

About a century ago, when neither tea, coffee, tobacco, nor ardent spirits were so much used, dyspeptic complaints were by no means so frequent. Many substances when long continued by physicians to remove other complaints weaken the stomach, such as bitters, opium, and emetics. Literary persons who devote all their time to study, and several sedentary employments, particularly that of tailors and shoemakers, are never free from dyspepsia. Intemperance, passions of the mind, and hard labour in moist cold air, without a diet adequate to it, are also frequent causes.

Cure.

Cure.

When this complaint is the effect of other diseases these must be removed and the causes just now mentioned avoided before a cure can be expected. The weakness of the body ought to be removed by bark, wine, nourishing diet, and exercise. A journey to some agreeable part of the country has considerable effect. The symptoms attending this complaint ought also to be mitigated. Any substance hard of digestion when long on the stomach sours; it should therefore be removed by a gentle vomit of twenty grains of ipecacuanha. Lime water for common drink, or a drachm of magnesia occasionally, is of considerable service in correcting the acidity. The diet should be animal, with little or no vegetables, as they are more disposed to acidity. Good malt liquor is preferable to spirits and water recommended in this case, and should be used if it agrees with the patient. The heartburn is generally removed with the acidity, as the one depends on the other. The flatulency or belching arises also from the same cause. When it is violent a dram of vitriolic æther taken in an ounce of water, generally relieves the patient. Sometimes violent vomiting comes on. Very brisk small beer often removes it, or a glyster of eighty drops of laudanum in half a pint of water
gruel.

gruel. Costiveness is a distressing symptom; it may be relieved by gentle exercise, and by taking one or two of the common stomachic pills occasionally.

Of Asthma.

THE real asthma attacks persons advanced in life, generally branches of the same family, and for the most part depends upon an irritable state of the lungs. From the heat and posture of patients it attacks them in the night time, and begins with a difficulty of breathing which is so violent that they cannot speak. They are often so much weakened by it that a disordered state of the stomach is occasioned. Repeated attacks always rivet it deeper in the constitution, until at last the least exciting causes bring it on. A fit is frequently occasioned by over heated rooms, from fires, crowds of people, candles, &c. by overlacing with stays, cold, or whatever determines a greater quantity of the blood on the lungs. Many persons have their days cut short by it, while others labouring under it live to a very old age.

Blood-letting is useful in almost every kind of difficult breathing; but must be used here with caution, as it weakens the patient too much. Flatulence being often an exciting cause ought to be obviated

obviated as already recommended*. Some of the gums are also used with success. A table spoonful of the pectoral mixture† may be used four times throughout the day. The vitriolic æther and opium, as recommended for hysteria‡, are of service in preventing the fits. Asthmatic persons should avoid heavy oily food, dampness, and moisture, and use gentle exercise, particularly riding on horseback. Coffee has been recommended in this complaint, but from its weakening the stomach it seems to us improper.

Of Colic.

THE pain attending cholic is somewhat similar to that of inflammation of the stomach§, but spreads more over the belly. Ignorant people call looseness or a discharge of bile with gripes a colic. We mean only, at present, to treat of strong spasmodic affections of the bowels, with costiveness. The vomiting that takes place in this complaint is violent and permanent, and sometimes a black matter, resembling coffee grounds, is thrown up, when the disease gets the name of *Iliac passion*, which is only a high degree of colic.

In the case of colic arising from cold and

* See page 170. † See *Formula* at the end.

‡ See page 131. § See page 93.

hysteria,

hysteria, blood-letting is improper, except when inflammation of the intestines are threatened. Warm fomentations to the belly are of great service in removing the spasms. Opium in this case also is the safest and most effectual remedy, and may be administered as soon as the patient has had a stool. To effect this castor oil, or a drachm of compound powder of jalap in half an ounce of lenitive electuary, are the best. When the vomiting is considerable these are rejected by the stomach; in such a case, therefore, glysters are to be administered. These may consist of oil, common salt, and water gruel. Many recommend injections of tobacco smoke, but from trials of this remedy we think it improper, as it occasions violent sickness of stomach. Frequently four or five pounds of water, of the same temperature with the human body, thrown up by way of glyster, removes the complaint after every other method has failed.

Of Nervous Symptoms.

THERE are a variety of nervous symptoms which on particular occasions accompany diseases, and are very alarming. We shall therefore enumerate a few of the principle ones.

Fainting Fits are often preceded by cold sweats, noise in the ears and dimness of sight, and are
symptoms

symptoms of many diseases. The pulse cannot be felt at the wrist, and the person is seemingly dead during a fit. Sometimes it proves fatal, but previous to this convulsions generally take place. For the most part persons recover spontaneously. The causes inducing the fit are a great degree of weakness of the body or strong passions of the mind. Sometimes it arises from inorganic faults; when this is the case it is incurable. In a fainting state the posture of the patient should be on one side with the head low; he should be admitted pure and cool air, have some vinegar or cold water rubbed on the temples, and some volatile substance applied to the nose; when he recovers a little a small quantity of warm wine or cordial may be taken.

Palpitation of the heart is for the most part a symptom of other diseases, and is cured by a removal of these. Persons in a weak irritable state even upon the least surprise are affected with it. Avoiding whatever hurries the circulation, or increases plethora, is of the utmost importance. Immediate relief is sometimes obtained from a draught of thirty drops of laudanum. Sometimes this symptom depends upon a fault of the heart and cannot be removed.

Difficulty of Breathing is a symptom of many diseases, particularly the asthma, pleurisy, &c. It is also occasioned by the smoke of tobacco,
fumes

fumes of metals, &c. getting into the lungs. Dropsy of the chest, and sometimes the fat about the heart, in very corpulent people, by pressing on the lungs, occasions a difficulty of breathing. Bloodletting is not proper in cases of dropsy of the chest and asthma, but may be used in other cases with advantage. Sometimes the affection arises from a narrow chest and cannot be removed.

Head-ach often arises from a disordered state of the stomach. In such case a vomit may be of service. When it is owing to acidity a little magnesia or lime water may be used. When it is the consequence of gout, blisters to the legs and issues have some effect in relieving it. When from rheumatism, two tea-spoonfuls of the volatile tincture of guaiacum may be taken at bed-time. When it occurs at regular periods, a vomit taken before its access, or a draught of forty drops of laudanum, and leeches applied to the temples are of service. Shaving the head and rubbing it with cold water and vinegar often relieves it in some cases, while in others it is hurtful; to relieve therefore, the present pain, nothing is safer, or has greater effect, than bathing the feet in warm water, and rubbing the head with vitriolic æther. When it arises from obstructed menstruation, perpetual issues about the neck, and gentle laxatives, joined with moderate exercise in the intervals, are of service.

Cramp

Cramp in the Stomach is for the most part the consequence of the gout. The most ardent spirits, aromatics, and spiceries ought to be used, and warm fomentations and blisters applied to the region of the stomach. A glyster of eighty drops of laudanum, with half an English pint of water-gruel, is of the utmost importance, and ought to be repeated every three hours until the patient is relieved.

Hiccup may arise from an inflamed state of the liver or stomach affecting the diaphragm. In fevers it is often removed by a draught of thirty drops of laudanum and thirty drops of compound spirit of lavender. When it arises from acidity, it is removed as already recommended. When from other diseases, by a removal of them.

Low Spirits, when owing to a weak state of the nerves of the stomach, are removed by bitters and a proper diet. The cold bath and exercise are proper. When costiveness takes place two or three of the aloetic pills may be taken occasionally. When low spirits, or melancholy, is owing to long continued grief, anxious thoughts, or other distress of mind, no remedies are of greater service than agreeable company, daily exercise, especially travelling, and a variety of amusements.

FORMULÆ

FORMULÆ.

ALOETIC PILLS.—p. 127.

TAKE fucotorine aloes and extract of gentian, of each one drachm, simple syrup as much as is necessary, and divide the whole into thirty pills.

SQUILL PILLS.—p. 33.

Take refined liquorice extract, gum ammoniac, and powder of cardamom seeds, of each one drachm, powder of dried squills two scruples, and as much simple syrup as is necessary to make the whole into forty-eight pills.

ASTRINGENT MIXTURE.—p. 123 and 134.

Take rose-water and simple cinnamon-water, of each three ounces, common tincture of kino and simple syrup, of each one ounce—mix them.

JAPONIC MIXTURE.—p. 56 and 139.

Take common japonic confection and brandy, of each two drachms, laudanum one dram, water six ounces—mix them.

PECTORAL MIXTURE.

Take assafœtida and gum ammoniac, of each half a drachm, dissolve them in four ounces of peppermint water and after straining it, add three ounces of common water and one ounce of syrup of squills.

MUCILAGINOUS MIXTURE.—p. 33.

Take powdered gum arabic and white sugar, of each one ounce, dissolve them in four ounces of water, then add as much lemon-juice or elixir of vitriol as will make it agreeably acid.

MUCILAGINOUS DECOCTION.—p. 71 and 150.

Take of the powder of coltsfoot leaves one ounce, boil them in three English pints of water into one half the quantity, and, after straining it, add of refined extract of liquorice two drachms, and gum arabic one ounce.

BITTER INFUSION.—p. 51.

Take gentain root and dried orange peel of each one ounce, Peruvian bark an ounce and a half, rhubarb half an ounce, bruise them well together, then infuse them in two English pints of brandy for six days, and, after straining it, add an equal quantity of red port wine.

SALINE JULEP.—p. 44.

Take of lemon-juice two ounces, water four ounces, simple syrup one ounce, salt of tartar two drachms—mix them.

NITROUS JULEP.—p. 45.

Take of nitre one drachm, common water four ounces, simple cinnamon water and fresh juice of lemon of each one ounce—mix them.

DOVER'S POWDERS.—p. 46.

Take powder of ipecacuanha and opium of each ten grains, vitriolated tartar a drachm and a half; rub them well together so as to divide the opium equally.

COMMON GLYSTER.

Take sweet milk and water-gruel of each five ounces, fresh butter two ounces, common salt one ounce—mix them.

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